

Annual report of national association of Taekwon-Do ITF 2023



Czech National Taekwon-Do Union ITF



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Abouts

Czech National Taekwon-Do Union ITF

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Czech National Taekwon-Do Union (CzNTU) was found in 2003, it is regular member of AETF and ITF.

CzNTU consists of 5 self-governing schools with 8 clubs in total.

CzNTU has 7 international instructors authorized to hold gradings.

Further it has 5 instructors with 2nd level of national trainer licence and 7 assistants with 3rd level of national trainer licence and 4 assistants with 4th level of national trainer licence. Its activity is focused mainly to children and teen-agers. Mainly we organize summer camps, seminars, weekend activities like training camps, regional competitions, Czech Championship and other activities. To read more about our activities, please see our website.

www.taekwondocz.com | www.itfczech.com

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and websites of our member schools.



Organization structure

Czech National Taekwon-Do Union ITF Board of directors was elected at regular session of general meeting at 2022.

Board of directors:



President CzNTU - ITF:

Mr. Jakub Roubal, III. Degree

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Secretary CzNTU - ITF:

Ing. Lenka Kolofiková, International instructor IV. Degree

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Chairman of Technical committee CzNTU - ITF:

MgA. Tomáš Mácha, International instructor V. Degree

Contact:

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Assistant of Technical committee, Chairman of Communications committee CzNTU - ITF:

Mr. Robert Pokorný

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Plaques and fees 2023, annual report

In January 2023, member fees for Czech Republic's NA Czech National Taekwon-Do Union were paid memberfees for ITF and AETF.

The annual report of the year 2023 was done. This has been authorized by Board of Directors of CzNTU.

All CzNTU's trainers are holders of ITF Plaques

ID	First, Last Name	Plaque number
481424	Lenka Kolofíková	607664
481430	Kamil Kolofík	197
481444	Tomáš Mácha	607654
507191	Sára Podskalníková	614760
481480	Jaroslav Urbánek	600981
481705	Petra Bláhová	607663
503182	Jan Růžička	607655
503183	Ondřej Růžička	607656
503185	Jiří Holan	607652
481435	Josef Kubát	607653
500822	Jakub Roubal	610681
516495	Hana Scharffová Máchová	610683
493199	Oleg Petrovskiy	19003
493141	Natalia Petrovskaya	601286
510373	Martin Bambas	614759
510317	Jiří Beneš	614043
510376	Vendula Loušová	614042



Czech National Taekwon-Do Union ITF events of year 2023



21st Wintercamp Szczyrk 2023

Like every year, the coach of Taekwon-Do Lions Kamil Kolofík V. Dan participated in the Polish Wintercamp organized by the MKS Lewart AGS Lubartów school. Trainings were under leading of legends of Taekwon-Do - Master Jerzy Jedut VIII. Dan, Jaroslav Suska VII. Dan and International Instructor Michal Cytryniak VI. Dan. No wonder that there were more than 160 participants from nine countries.

The training sessions were divided into 3 groups according to grade and age. The training sessions covered a lot of things: basic techniques, tulls, self-defense levers, acrobatics and there were also drills for sparring and then the fights themselves.

After the two training sessions and skiing, there were still so-called consultations in the evening, when the more experienced ones corrected and advised the less experienced ones with their practice routines and basic techniques.

Each participant took away from the camp readiness for the next competitions or tests, improved physical condition and of course a lot of new friendships. Thank you for another great and beneficial Taekwon-Do event. We are already looking forward to next year's event.





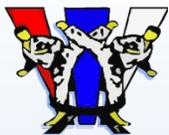
Winter weekend camp

On the weekend of February 4-5, 2023, the traditional event of the winter weekend camp in South Bohemia took place.

In the sports hall near the ruins of Borotín Castle, 37 Strančice taekwondo practitioners trained. Together we had trained six training units.

The program also included black belt tests. Filip Jiříčný, a Strančice taekwondo student, who now assists in the training of the smallest ones, successfully passed the 1st Dan exams with international instructors Tomáš Mácha and Josef Kubát. Congratulations!





Seminar with Master Solovey

On Sunday 12.3. the Sports Hall of UP in Olomouc welcomed the legendary Taekwon-Do ITF Master Oleg Solovey and his son, international instructor Vitaliy Solovey. More than 80 athletes from 13 clubs not only from the Czech Republic, but also from Slovakia and Poland gathered at the opening morning session. The seminar was also attended by several citizens of Ukraine, who due to the war conflict in their country are staying in the Czech Republic and attending Czech Taekwon-Do schools.

On behalf of the organizer, the Taekwon-Do Academy ITF SKUP Olomouc, the event was opened by Master Oleg Petrovskyi, who together with his wife, international instructor Natalia Petrovska, runs the youngest Taekwon-Do school in the Czech Republic.

After welcoming Master Solovey and his son Vitaliy, a short warm-up was held. And then it was straight into action. It started with more free drills for keeping the right distance during a sports match and for speeding up the reaction to the opponent's movement. Techniques and combinations were added and the pace increased. During the first, 1,5 hour long training session, everyone could see that the numerous medal placements of the Ukrainian national team under the leadership of Master Solovey were hard earned and deserved and that there is no easy way to success. It is necessary to go into training to the maximum.





Seminar with Master Solovey

After the break, the Master went into action again and together with Vitaliy always demonstrated the exercise first, so that the seminar participants could then try it with their partner in pairs.

The second training session was very physically demanding and so a two-hour break for lunch and rest was welcomed by all participants. Before the third training block, half an hour was set aside to take a group photo of all participants,

The third training block differed from the previous two in particular by the increased demands on both the athletes' physical and mental strength. They practiced increasingly longer and more sophisticated combinations of techniques using changes in distance from the opponent. As one of the last exercises, the participants tried a one-minute endurance drill, where a combination of two techniques, one of which is in the jump, is practiced at the maximum possible pace. Even as Master Solovey and his son performed the drill, the indomitable spirit of all the participants could be directly felt in the gym. They were ready, even after 4,5 hours of hard training, to reach the bottom of their strength and to master the most physically demanding exercises of the whole seminar. After the countdown of the last second of the exercise, every single face showed not only exhaustion, which apparently in the rush of adrenaline even some of them did not perceive at that moment, but mainly pride and incredible inner strength. And then, after the final short fights, when the participants changed in pairs, it was unfortunately time to end the seminar.

On behalf of all participants, Master Solovey was thanked and gifts were presented by the main organizer of the event, Master Oleg Petrovskyi together with Mrs. Natalia. The President of the Czech National Taekwon-Do ITF Union also joined in with his thanks and presented not only the lecturers, but also the organizers of the event with a small gift. And how to sum up everything in the end? Those who were not at the event really missed a lot. It was a great honour for us to be able to welcome the legends of Taekwon-Do Oleg and Vitaliy Solovey in the Czech Republic and to share even one training day with them. But even those few hours under the master's supervision took the participating athletes a huge step forward.

Thanks to the Academy of Taekwon-Do SKUP Olomouc, which organized such a prestigious event under the patronage of the Czech National Taekwon-Do Union. We are looking forward to other joint sport events not only in Olomouc.

Taekwon!



Sportcamp in Cesky Brod

On the weekend 1 and 2 April, the first ever sports camp of the Taekwon-Do Lions School took place. However, not only our school was present at the camp, but also friends from the Taekwon-Do Sparring Mnichovice club arrived.

During the regular training sessions, not all the time can be given only to the sport, because Taekwon-Do is very complex. But here it was just like that and everything was practiced only for the sport matches.

There was a whole range of belt practitioners at the camp, from beginner whites to experienced competitors with III. Dan. Namely, we have to mention the president of the Czech National Taekwon-Do ITF Union Jakub Roubal III. Dan, who is also the coach of the Mnichovice club. Another Mnichovice coach and successful representative was Vendula Loušová II. Dan. And from Mnichovice also came experienced competitors Jiří Beneš and Martin Bambas, both I. Dan. All of the above mentioned have already had several starts at the highest official European or World competitions in Taekwon-Do. And so they all had the opportunity to train with the best and gain valuable experience from them.

A total of three training sessions with a total length of 7.5 hours were held by the Poděbrady coach Kamil Kolofík, V. Dan.

There were also sparring sessions where trainees could try out previously practiced model situations.

The camp was a success - everyone took away tired bodies, but more importantly a lot of gained experience.

We are already looking forward to the next similar event.





Competition Best of the Best 2023

On Saturday, April 1, 2023, our school participated at the competition in Říčany. It was the 18th year of the international championship Best of the Best, organized by the Czech TKD Federation. The experiences from the seminars and the work on the competition trainings proved their worth, as evidenced by the successes achieved - nineteen competitors accompanied by three coaches brought 12 gold, 7 silver and 11 bronze medals. The trophy for the best competitor in their category went to three of our representatives - Miriam Mandíková, Adam Nedbal and Samuel Pasler, all of whom excelled in routines. It was not only a successful competition for us, but especially another valuable experience for preparation for the Czech Championship and European Cup in Lublin, which awaits us in June 2023.





Referee training course

In addition to the competitors, a large team of referees is also needed at the competitions. However, no Taekwon-do player becomes a referee by magic, but this difficult skill needs to be trained and perfected. That is why on Sunday morning, April 16th, another training of CzNTU referees took place in the Kunice gym.

Everyone can study the theory by themselves from the manuals. But no one can read practical experience from the text. That's why we concentrated on practice during real matches. This time the training was focused on corner referees. But even with the centre referees we didn't forget to check what they remembered from the last meeting!

The training of umpiring skills took place during a simulated match between two athletes who, in addition to fighting, had to occasionally make an irregularity against the rules in order to be sanctioned. The center referee was tasked with stopping the match after each action. There was then a discussion as to whether the technique was of sufficient quality to warrant a point, or whether the centre referee was to signal a warning or a minus point.

The discussion was supervised by experienced coaches and referees Martin Jaroš, Petra Bláhová and Kamil Kolofík, who contributed their opinion to each discussion.

In order to let everyone try out both roles, we were constantly rotating the fights and decision making.

Thanks to all the umpires and competitors who took the time to turn up in large numbers despite the beautiful weekend weather, not only for their participation but also for their performances inside the ring and of course their contributions to the discussions.





Trip to Valečov castle

On Saturday, April 22, we went on a trip again. This time there were not many of us, but thanks to the beautiful weather we enjoyed the trip greatly.

We took the train to Boleslav, then the alternative bus transport to Mnichovo Hradiště and then we were carried only by our feet - following the red tourist marker to pedal nicely along the road, across the highway and then across the fields and at the end of our journey up a slight hill. We were rewarded with a breathtaking view of the ruins of Valečov Castle. The next part of our expedition was waiting for us at the castle.

We thoroughly explored the castle and enjoyed the amazing views of the region. With such beautiful weather we could easily see Bezděz, and so we could remember last year's trip. When we had finished, we thoroughly refreshed ourselves on a bench in the castle. Someone with a schnitzel, toast, cucumber or a roll. After lunch under the castle, we explored the nearby rock worlds and started our return journey.

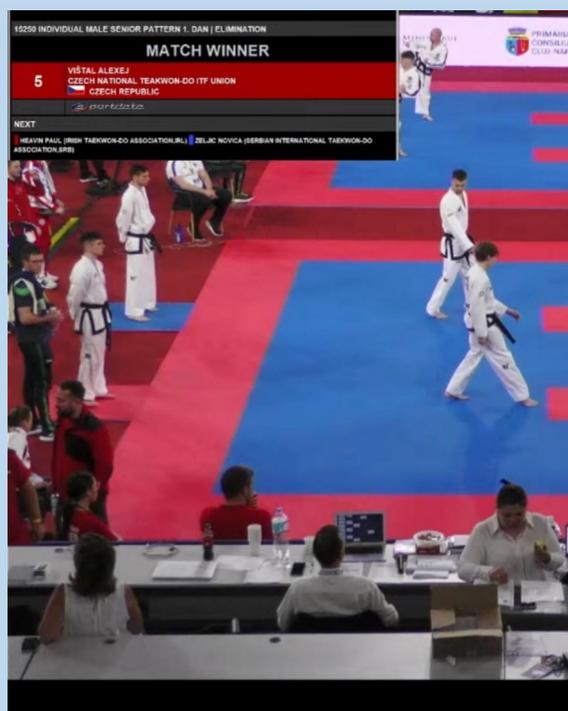
Not far from the castle we stopped for a well-deserved ice cream. Even though some of us had tired feet, we arrived together in Mnichovo Hradiště. On the way back we could reminisce about our autumn trip to the ruined castle Zvířetice because it was beautifully visible from the bus. The trip was a great success, not only thanks to the great weather, but mainly thanks to a group of great people - and that's what Taekwon-Do is all about.





European Championship Romania

In the last week of April, the European Championships took place in Romania in Cluj, where the Czech Republic was represented by a competitor of our school Taekwon-Do ITF Strančice Alexej Vištal accompanied by coach Petra Bláhová and referees Master Oleg and Natalie Petrovskiy. A total of 637 participants from 28 countries came to the tournament. Alex showed great performances and proved that we belong to the European top with 5th places in tull and in sparring. In his categories (seniors 1st Dan tull and sparring up to 63 kg) there was high competition and two 5th places out of 29 competitors are motivation for other Czech practitioners and proof that they can aim high. Hopefully, we will confirm this at the European Cup in Lublin, Poland.





Spring training camp of Taekwon-Do ITF Strančice

From Friday to Sunday (12th - 14th May 2023) the spring training camp was held in Zbraslavice.

This year, the camp was mainly focused on the preparation of competitors for the Czech Championship and European Cup, so even non-competitors could try the pre-competition pace.

The event was attended by 55 taekwondo practitioners from Strančice. The program included eight training blocks and an evening training focused on individual fixing of mistakes. Although this year the weather was not in our favor, the atmosphere was motivating and energizing. The commitment of the athletes was great and we coaches believe it will be expressed in the results from the upcoming competitions.





Training camp with Irish school IFSC Dublin

The camp with Irish Taekwon-Do school ITF IFSC Force Dublin, which was traditionally held in Čerčany, took place from Friday 19th May to Monday 22nd May.

The Irish team, led by coach Lenka Maršíková and coach John Moffit from the Irish Taekwon-Do School ITF IFSC Force Dublin, arrived full of enthusiasm. Together with the Czech school Sparring Mnichovice they were involved in the organization of the whole camp. Each day offered a rich training program with various activities.

The camp started on Friday afternoon with a training session led by Lenka Maršíková (V.Dan). Last hour of training was focused on special techniques and was led by Jakub Roubal (III.Dan), which gave all participants a broader insight into this discipline.

Saturday's program was reserved for the competition. The Sparring and IFSC Dublin schools participated together in the Sonkal Open in Prague.

Sunday morning brought another training session under the leadership of Lenka Maršíková. It included warm-up games and practicing combinations for the fights.





Training camp with irish school IFSC Dublin

The afternoon practice from was reserved for more practice for the fights, gymnastics and stretching from. There was not a little fun in putting together a team tull in under 10 minutes and then competing. This varied program allowed the participants to develop their skills in all aspects of Taekwon-Do.

Sunday evening was enjoyed together at the Mnichovice where participants were able to relax, enjoy a barbecue and refreshments. The friendly atmosphere created a space for communication and deepening relationships.

Monday's training brought another challenge. Participants engaged in a challenging workout of sparring, strengthening and stretching. It was the last training session of this amazing camp.

The camp with the Irish Taekwon-Do School ITF IFSC Dublin was not only about intensive training and sparring, but also about building friendships. Participants were able to inspire each other and share their knowledge and passion for Taekwon-Do.

The whole weekend was challenging but rewarding for all participants. The camp with the Irish Taekwon-Do school ITF IFSC Force Dublin in Cercany was truly unforgettable and showed the power and passion that Taekwon-Do brings.



Czech Open Taekwon-Do ITF Championship

The Czech Open Taekwon-Do ITF Championship was held on 3rd June in the picturesque town of Benátky nad Jizerou. This event had a special significance because, among other things, it celebrated the 20th anniversary of the Czech National Taekwon-Do ITF Union. The tournament brought together 137 competitors from 10 different schools to compete for championship titles in their individual disciplines. The competitors competed in a total of five disciplines (special techniques, breaking, sparring, tulls and team-tull) on four courts, one of them was reserved for the special techniques and breaking competition. The presence of spectators created a pleasant and exciting atmosphere.

The celebration of the 20th anniversary of the Czech National Taekwon-Do ITF Union brought more emotions. The organizers prepared a special surprise in the form of a cake, which was also an expression of thanks to the referees for their invaluable contribution. Let this event serve as an inspiration for competitors who will participate again or for the first time next year, and as a reminder of the importance of sport, competition and fair play in society.





European Cup Lublin

On Thursday 15th June our representatives went to Lublin, Poland, where the 12th European Taekwon-Do ITF Cup was held. The team consisted of Adam Rojko, Daniel Škvor, Alexej Vištal, Ivana Klečková and Klára Klečková, who competed in the senior category, as well as cadets Eva Nedbalová, Nevena Zaharieva and Jáchym Šolta. In the juniors we were represented by Ondra Růžička and Monika Klečková.

Day one and four medals were home. Two of them were won by the Kleckova sisters, Ivana silver and Klara bronze. Adam Rojko took bronze and Alex Vistal won the 1st Dan category.

On Sunday morning the cadets practiced their tulls. It was the first big competitions of our younger athletes, and even though we did not win medals this time, we took away valuable experience and exceptional experiences from these competitions. In the afternoon our seniors wore their gloves and it was a fantastic silver for Dan and a second gold for Alex. For Alex, the experience from past World Championships and the recent European Championships in Romania proved to be very valuable. He is now going to the World Championships in Finland and over a hundred friends from Strancice taekwondo at home will be keeping their fingers crossed for him!

Out of a total of 497 competitors from 22 countries, with two gold, two silver and two bronze medals, we placed a great 8th among the countries and 14th among 68 clubs. And we were represented by only ten competitors!





Summer training camp Hrachov

This year we again managed to organize a summer camp of self-defense, which took place from 1.7. to 14.7. 2023.

The first day started with getting acquainted with new people, environment and program that accompanied us for the whole 14 days.

In the morning, right after the wake-up call, we had a run around the resort, a quick warm-up and to have enough energy for the whole day, we had to have breakfast. We gave our stomachs some time to rest and then followed the 1st training session of the day, which lasted 2 hours. In order not to go to lunch sweaty, we all jumped into the shower. To rest our muscles we couldn't skip the lunch break. The 2nd training of the day was usually more demanding, it lasted also 2 hours. And because we still had enough energy, after snack we started sports activities that lasted until dinner. Those who still had energy, worked individually on what they needed to work on.

During the training sessions we did not forget any of the disciplines - sparring, tuls, special techniques and breaking.

We also managed to roast some sausages, a day trip to the ruins of the mill Příčovy and a disco, which the children begged for.

We ended the camp with successfully passed exams for higher technical levels. Everyone enjoyed the camp and we are looking forward to what 2024 will bring.





Summer camp Zbraslavice

From July 1 to July 7, the Taekwon-Do Academy SKUP Olomouc's athletes participated in sports summer camp. The camp was attended by more than 120 athletes from the Czech Republic, Ukraine, Poland, Slovenia and Austria.

The training program included: basic technique of tulls, sparring training, self-defense techniques, cross-fit, yoga. It was also full of fun games, competitions, quests and disco.

All the participants of the international camp got a huge competitive experience.





Summer camp of Taekwon-Do ITF Stranice

The school year is over, but before a longer break in the beginning of July we always organize a week-long camp in southern Bohemia in the Tabor region.

The camp started on Monday, July 10, 2023. Despite the high summer temperatures we managed 3-4 training sessions a day thanks to the local spacious sports hall. When the weather allowed, we went for walks or practiced at the ruins of Borotín Castle or on the grassy place by the pond.

Every free moment there was a game in which four teams composed of the camp participants measured their skills and strength against each other. Coaches Tomáš Mácha and Petra Bláhová were in charge of the training schedule and the game flowed under the supervision of coach Hanka Máchová. The 40 young taekwondists were joined by adults for the weekend, and so this year we had 57 taekwondists on the tatami.

The weekend is always even more focused on self-defense. Like last year, we had a reinforcement for self-defense and fitness training, army instructor Ladislav Tury.





Summer camp Hachen Sundern

The exciting ITF-Deutschland summer camp took place from 23 to 30 July at the Hachen/Sundern Conference Centre. Albert Petrovskyi participated in this camp.

The training included endurance, technique, strength, intense sparring, etc. The week was a real explosion of energy, motivation and team spirit. Game skills were improved and stamina was tested. and also practiced strong punches.

Albert proudly represented the Czech National Taekwon-Do Union.





Summer camp Firlej

With the holidays, the time to return to normal routine is inevitably approaching, but for a group of passionate taekwondo practitioners, it doesn't mean the end of the holiday. International instructor Kamil Kolofík, Jiří Beneš and Martin Bambas decided to take every opportunity to improve and went on a trip to the 28th annual summer camp, which was held in the picturesque Polish village of Firlej from August 19 to 25. This exceptional summer camp was organized by the MKS Lewart AGS Lubartów school and attracted taekwondo players from all over the world.

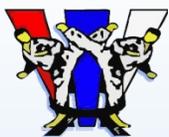
Together they took part in an intensive training program. The training sessions were led by renowned Taekwon-do personalities such as masters Jerzy Jedut (VIII. Dan), Jaroslav Suska (VII. Dan) and instructor Michal Cytryniak (VI. Dan). Ten training units were an opportunity to meet Taekwondo practitioners from Poland, Ireland, Georgia, Israel and England, which contributed to enriching their experience and perspectives on this martial art.

In between morning and evening training sessions, the Czech athletes found time for trips around the area. They visited the Majdanek Memorial, a former Nazi concentration camp, and walked around Lublin Castle, where they reminisced about their previous visit during the European Cup. The beautifully landscaped gardens of the nearby Kozłówka Palace were another fascinating place they had the opportunity to discover.

The final days of the camp were dedicated to evening consultations with the masters, where the Czech representatives could focus on improving their routines and basic techniques. This personal interaction with renowned masters was an invaluable opportunity to develop their taekwon-do skills.

In conclusion, we can only express our gratitude to the masters and all participants for creating a friendly atmosphere and great conditions for training. The Firlej 2023 Summer Camp became not only a sporting event, but also an experience full of camaraderie and mutual sharing of taekwon-do passions. Thank you and we look forward to the next meeting!





Summer camp Zubri

From 20 to 27 August 2023, more than 100 athletes and students from Brno, Třebíč, Kvasice, Otrokovice, Kroměříž and Olomouc participated in the summer camp.

10 athletes from the Taekwon-Do Academy SKUP Olomouc participated. The camp program was intense, interesting and eventful. The daily training schedule included 3 training sessions (tull, sparring, selfdefence), competitions, games and relay races. There were also yoga classes every morning.

Our athletes improved their technical level and theoretical part of Taekwon-do martial arts.





Demonstration Safe Route to School

On 17 September 2023, the traditional "Safe Route to School" event took place in Olomouc's Flora Park. The busy programme and popular leisure fair started at 13:00 in the park. The Academy of Taekwon-Do SKUP Olomouc took part as one of the performers. More than 200 children and parents came to the event. We held demonstration training for children according to the Taekwon-Do Kids program and a demonstration performance on stage.





Brno Open

On September 30, 2023 Taekwon-Do school Brno organized the Brno Open competition. The competition was open for children from 5 years old. Athletes were divided into categories according to technical levels and competed in 5 disciplines - tul, doodle fighting (for children), sparring, speed kicks and special techniques. The team of the school Taekwon-Do Academy SKUP Olomouc was represented by trainers Master Oleg Petrovskiy, Josef Strejcek, Natalie Petrovska and Albert Petrovskiy. Natalie and Albert acted as referees, while Oleg and Josef worked with the competitors as coaches. Although the team of our school was not large (5 competitors), by winning 7 gold, 6 silver and 5 bronze medals we scored in the overall team standings, where we took an amazing 3rd place. A big thank you to our athletes for representing the school in an exemplary performance and praise for their performances. Congratulations.

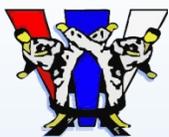




Czech Open Championship - Ricany

On Saturday 14.10. competitors from Taekwon-Do schools Taekwon-Do Sparring Mnichovice and SKUP Olomouc took part in the open championship of the Czech Republic Taekwon-Do organized by CFT. The competition was traditionally held in the city of Ricany in the Na Fialce sports centre. Athletes competed in disciplines, which were mainly sparring and patterns, more experienced ones tried their skills in power breaking or special techniques. Representatives of both schools showed good form and took away countless successes and experiences.





Weekend Training camp in Cesky Brod

On the weekend of October 21-22, 2023, the second sports camp of the Taekwon-Do Lions School took place in Český Brod.

Other ČNUT schools were also invited to the camp and so there were athletes not only from the organizing Lions school, but also from the clubs Venice nad Jizerou, Sparring Mnichovice and Strančice.

The trainings under the leadership of the head coach of the Lions school Kamil Kolofík were mainly focused on sports sparring. The content of all three training sessions was similar - we started with a warm-up followed by a warm-up exercise with emphasis on footwork (running in ladders) or starts (playing baba in the running track). Warm up was followed by stretching and then we were off to practice for the sports game. Another part of the training sessions was practicing set-ups and basic techniques from them.

But what would a training camp be without sports matches! So we gave them proper attention as well. At the end of the training we saved some time for trying out real sports matches. The composition of the pairs was constantly changing, which allowed us to break the stereotypes of the usual training sessions in the clubs, where pairs train together for a long time.

At the end we can only congratulate all participants for their performances.





Technical seminar and Grading in South Bohemia under leading of Master Petrovskyi

The seminar and examinations were designed only for candidates for master degrees. This event started on Friday with a common dinner for all participants. On Saturday 4th November morning there was a seminar of basic techniques (Kibon Ryonsup) and routines (Tull), led by Master Oleg Petrovskyi 8th Dan and a seminar of basic sparring. In the afternoon and until the evening hours there were individual training sessions for all candidates.

Examinations started on Sunday at 10.00 a.m. At 13.00 the examinations were closed and the results were announced.

All the candidates for the master classes from 1st to 5th Dan were perfectly prepared and so the exams were very successful. The Sunday part of the weekend program was attended by other international instructors and important personalities, which was undoubtedly the founder of Czech Taekwon-Do Mr. Miroslav Galbač. Congratulations to Sbn.Michal Novák 5th Dan for passing the exams to such a high level and many thanks for the invitation.





IIC Vienna

This event, which is held several times a year all over the world, has returned to Vienna again after several years.

Specifically on the weekend of 17-19 November. Since it is very close to us from the Czech Republic, we could not miss this event. 10 black belt holders from the Czech National Taekwon-Do ITF Union went to the seminar, and the Czech Taekwon-Do Federation also had its representatives there.

The organizers had to face a huge challenge when the hall they had arranged was cancelled and they had to find alternative premises in a hurry. In the end they managed to find a gym, and so all 500 participants from 33 countries were crammed into a relatively small space. With this number of participants, the 170th IIC became the largest ever held in Europe.

Experienced lecturers - Grandmaster Hector Marano (Chairman of the ITF Technical Commission), Grandmaster Kim Ung Lan and Master Jerzy Jedut (both members of the ITF Technical Commission) - were in charge of the individual seminar sessions. Despite the space limitations, we covered all the routines from Chon Ji to Tong Il, basic techniques, arranged sparring sessions and there was even time for demonstrations of new warm-up exercises or short demonstrations of preparation for sparring matches.

Thanks to the organizers of the course, I.T.F - Austria, for a nice event and also admiration for how they dealt with unexpected complications and managed to ensure a smooth running of the seminar in such a short time.





National seminar with Master Jedut

In 2013 a very important tradition began. It was then that we organized the first national seminar under the leadership of Taekwon-Do legend Master Jerzy Jedut. Yes it's true - this year it has been 10 years since our first joint training in the gym of the Emil Kolben Elementary School in Strančice, which provided us with the venue this year as well.

And this year's edition was again something special. Apart from Master Jedut, other Masters, VII. Dan. From the Czech Taekwon-Do Association, our invitation was accepted by Masters Ondřej Vrábek and Petr Smejkal, for the Czech Taekwon-Do Federation Master Vladimír Machota took part in the event.

A total of 68 participants from twelve schools from all over the country enjoyed training under the leadership of Master Jedut on Saturday and Sunday 25th and 26th November.





National seminar with Master Jedut

As is customary Master Jedut brought and demonstrated many interesting exercises not only to warm up, but also to practice movements in fights, to increase power and improve precision. Together we went through many basic techniques that are often discussed, for example during IIC. A large part of the seminar was also dedicated to arranged sparring - especially two and one-step sparring. But don't worry, there was also self-defence practice and of course there were also punches where everyone could test the strength and precision of their technique.

After the last greeting, the representatives of the Czech National Union gave a small gift to Master Jedut, which hopefully made him happy. But still it was not all. Well, for most of the participants the seminar ended with this, but not for the three adepts for promotion to the higher black belt.

Martin Bambas and Jiri Benes from the Taekwon-Do Sparring School (adepts for II. Dan) and Kamil Kolofik from the Taekwon-Do Lions School (adepts for VI. Dan) applied for higher technical degrees. The exam included not only the prescribed tulls, but also many basic techniques, self-defences, arranged sparring and special techniques. And there was also a very attractive power breaking. And the audience was unusually large. Grading for VI. Dan is not a common thing that we can see here on a daily schedule. We won't keep you guessing for long - everyone passed their test successfully. Congratulations!

Thank you to all of you who have been supporting this wonderful event with your presence and help since 2013, and we look forward to seeing you again next year for a great weekend of Taekwon-Do.



Christmas Cup Strančice

On Saturday, December 9, 2023, we welcomed the competitors to the 11th year of our tournament.

This our competition of ours are really for all practitioners, i.e. even beginners. It is an opportunity for those who don't normally get to the bigger competitions.

The Christmas Cup is all about gaining experience. It's a unique opportunity to try out competitions in a home and friendly atmosphere, try out the protectors for the first time, practice in front of the judges, and even compete among the best in the Open category for the Christmas Cup!

In addition to a large number of athletes from Strančice and from nearby clubs, our invitation was accepted by taekwondo players from Master Petrovskyi, who came from Olomouc.

Thank you to all who helped us with the organization and we look forward to the 12th annual, which will take place on Saturday, December 7, 2024.





Ataxon Open – Čertovský Pohár

On Sunday, 17.12., the representatives of school Taekwon-Do Sparring Mnichovice got a valuable devil's gift when they could gain new experience and use the old ones to win valuable metals at the traditional Ataxon Open Certovsky Pohar in Prague. They competed for medals in patterns and sparring. In addition, the organizer prepared a side competition for special medals in games of various types focused on speed and perception. Over 300 competitors took part in the competition, so it is important to highlight the important role of the organizers and referees. Everything went without any complications, thank you very much and we look forward to the next occasion when we can go to the Ataxon Open again.





Regular meetings of CzNTU

During the year, representatives from the clubs and the CzNTU leadership held regular monthly and special meetings via video conferencing using the Skype platform. During the meetings, tasks necessary for the running of the union and organising events were discussed, while deepening communication between the clubs.





Czech National Taekwon-Do Union ITF Schedule for year 2024



The schedule of events for year 2024

Competitions

Czech Championship – Benátky nad Jizerou, Czech Republic – 19.5.2024

European Championship – Lublin, 17. - 21. 4. 2024

World Championship –

Sonkal Open – Prague, Czech Republic

Devils Cup – Prague, Czech Republic

Christmass Cup – Strančice, Czech Republic

Non-competitive events

Demonstrations – promotion of Taekwon-Do

Recruiting new students to our schools

Sportcamp with Irish team IFSC Force

Summer camps of our schools, and also weekend training camps.

Weekend training camps

Extra trainings – it is mostly preparation of National team to international competitions

Winter Camp of Polish Taekwon-Do Association - 1/2024

Courses and seminars

National seminar - 11/2024

International seminar with GrandMaster Ung Kim Lan

Master Class seminar

National trainers and referees course - 4/2024

Regional seminars

Self-defence courses for children in Kindergartens and Elementary schools

Grading

We are going to hold gradings to Kup and Dan.

