

1st ITF Coaches' Conference

"Learn, Discuss, Share, Enjoy"



Dear ITF Community,

We have the pleasure of inviting you to the 1st ITF Coaches' Conference, to be held in the University of Limerick, Ireland, starting on Friday June 28th until Sunday June 30th, 2019.

This conference is the first of its kind for the ITF and will offer a unique opportunity for ITF members to come together to learn in an interactive manner, discuss and share ideas and concepts, experience new training methods & tools from both ITF and non-ITF experts and enjoy a weekend of networking and social interaction together.

The event will take place in the University of Limerick, a state of the art educational and sporting campus, located just outside Limerick City, in the Midwest region of Ireland.

The theme of the conference is "Advances and Innovation in ITF Coaching" and over the course of the weekend we will explore a range of topics related to developing high performance athletes, sport psychology, plyometric training, nutrition, biomechanics, performance planning, specific training methods to prepare athletes at elite level in various disciplines, the future of ITF competition & competition rules, developing a community of coaches, inclusion of those with special needs in ITF and more.

Soon, we will announce the full list of presenters through the ITF website & social media. We guarantee you will not be disappointed!

We are looking forward to meeting you there,

Grandmaster Willem Jacob Bos IX

Sabum Adrian Byrne VI

Sabum Stephen Ryan VI

ITF Coaches' Conference Organizing Committee

On behalf of the International Taekwon-Do Federation

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Venue - University of Limerick, Physical Education and Sport Sciences Building



University of Limerick, Physical Education & Sport Science (PESS) Building, Castletroy, Limerick, Ireland. For this conference we will use the 3 large Sports halls, lecture theatres and classrooms all located within the same building.



Sports Hall 1

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Sports Hall 2



Sports Hall 3

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The UL campus is truly one of the most beautiful university campuses anywhere in the world. Visitors never fail to be impressed by this peaceful green place with its trees, its fountains and the beautiful river Shannon flowing majestically through it all.

Registration fees

Red belt up to 6th degree; 175 Euro

7th & 8th Degree; 100 Euro

9th Degree; free of charge

Accommodation Fees (within the University Complex)

52 Euro per person for Bed & Breakfast (Limited spaces)

Special BBQ fee

20 Euro per person

Deadline for sending the applications is on May 19th, 2019

Registration process

Step 1; All participants must register through their NA/AA on the ITF Database to ensure they are certified by the ITF for this event by the deadline of **May 19th 2019.**

Step 2; Send the Individual registration form to: coachconference@taekwondo.ie by the deadline of **May 19th 2019.**

Step 3; Book your on campus accommodation by emailing the booking form to coachconference@taekwondo.ie (places are limited, please book early to avoid disappointment, the deadline is **May 19th 2019**)

Step 4; Send your choice of workshops to coachconference@taekwondo.ie by the deadline of **May 19th 2019.**

All conference, accommodation and BBQ fees to be paid in cash (Euro currency) at the registration point on arrival

Please include your t-shirt size in the individual registration form.

Accommodation

All participants can be accommodated in the University of Limerick on-campus apartments.

These apartments are a short, 500 metre walk, across the living bridge to the PESS (Physical Education & Sports Science) Building where the Conference will take place, and offer free internet and free parking on site.

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Each apartment block has six separate single (double bed) rooms with their own ensuite bathroom and walk in shower. Each apartment block has a common social area with living room and a kitchen. All bedrooms and apartments have high-speed wi-fi connections.

We have secured an excellent rate of 52 Euro per person per night for Bed & Breakfast. The rate includes breakfast, which will be served in the Pavillion Restaurant, right beside the apartments.

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Each participant will be provided with a campus map to make it very easy to navigate your way around.



The Pavillion



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The living bridge

Social Activities

An opportunity to network, socialise and interact in a comfortable and relaxing environment is a key part to the success of any conference and at UL you will have a range of venues to choose from. On campus at University of Limerick, you will have a great choice of restaurants/cafés within walking distance of the residences. The university offers a wide choice of venues offering high quality home cooked food at budget conscious prices in a variety of small restaurants, stylish cafés and bar/restaurants which serve food late into the evening. There are 17 places to eat on campus ranging from large self-service restaurants offering good value hot food to trendy cafés offering gourmet sandwiches, great cakes, speciality coffees and juices.

Special BBQ

On the evening of Saturday June 29th, 2019 we will offer a special BBQ buffet for all participants which will also include live music/entertainment. This is a pre-registration event, costing only 20 Euro per person, which will take place in the covered courtyard of the Stables Club Restaurant/Bar. Please register for this when completing the booking form for the lectures & workshops. The price does not include drinks.

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UL Campus Map



On the above Map you can see the PESS Building, Pavilion & Cappavilla Village (apartments)

Getting to Limerick

There are multiple airlines which serve Shannon Airport (30km from venue, 30 mins drive), Cork Airport (115km from venue, 1.5 hrs drive) & Dublin Airport (200km from venue, 2 hrs drive)

There are several Bus companies which have a regular service from the airport to the University of Limerick.

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Presentations (All will be confirmed through the ITF website very soon):

Keynote 1: Coach Education

We will explore the steps and stages in implementing a world class coach education system, aligning with National Qualification Frameworks and international frameworks such as the European Qualifications Framework and the International Council for Coaching Excellence. Additionally, we could investigate the role the ITF could play in moving this process forward by leading the development of a coach education infrastructure within the Federation.

Keynote 2: Biomechanics for Special Technique

We will look at the training methods that allow athletes to achieve a 2.4m+ high jump and 8m+ long jump. We will be expertly guided through a qualitative model for each of our 5 special techniques and use it to suggest improvement in jump technique and training. This will provide the theoretical basis for explosive plyometric training to improve leg power and coordination for overall power development in Taekwon-Do.

Workshop 1: Development of Power Through Plyometrics

A practical session in which jumping, throwing and rebounding exercises will be used to deliver improvements in power production applicable to all Taekwon-Do disciplines, particularly jumping and special techniques and power breaking. Learn how to correctly deploy these techniques with your own athletes and in your own gym.

Workshop 1: Inclusion of Athletes with Disability

Our presenter will show how we can effectively manage the inclusion of athletes with certain special needs within mainstream classes, structure role plays and case studies to facilitate better practical understanding and answer questions relating to the management of grade progression, competition and socialisation.

Workshop 2: Sparring topic 1

In each of our sparring workshops, we will invite our three presenters to explore how they address a particular strategic or tactical situation based on their coaching philosophy and unique style. We have invited three well known ITF coaches who have distinctively different styles of competitor and viewpoints on sparring. Each will have 25 minutes to explain their philosophy, demonstrate drills or exercises and answer questions from the participants.

Workshop 2: Pattern topic 1

In each of our pattern workshops, we will challenge our three presenters to show/explain/coach how they prepare the most challenging parts of ITF pattern performances. Each will share their experiences and practices, shaped by what has been effective for them and their students. Each session will set a different challenge and will finish with questions from the participants.

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Workshop 2: Special Technique

A practical workshop where the process of developing an athlete within this competitive discipline is outlined from first steps to the competition floor. Training principles, loads, volumes, progressions and 'tips and tricks' will be discussed in an open forum along with practical analysis of performance and coaching cues.

Workshop 3: Sparring topic 1

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Workshop 3: Prearranged Free Sparring

A practical workshop where the process of developing a performance routine within this competitive discipline is outlined from first principles. Participants will experience the decision making process, refinement and performance considerations that top competitors use to reach the highest level in this event.

Keynote 3: Future of ITF Competition

Members of the ITF Tournament & Umpire Committee will outline their vision of what ITF Competition should look like within each of the disciplines. They will give the rationale that shapes the rules and investigate the next steps for competitive Taekwon-Do. During this session, the panel will answer pre-submitted questions from the attendees.

Attendees will then be given time to discuss the vision of the Tournament and Umpire Committees, outline their own thoughts and prepare questions for the panel. The panel will then answer questions and note ideas put forward by speakers from each of the breakout groups.

Workshop 4: Sparring topic 2

In each of our sparring workshops, we will invite our three presenters to explore how they address a particular strategic or tactical situation based on their coaching philosophy and unique style. We have invited three well known ITF coaches who have distinctively different styles of competitor and viewpoints on sparring. Each will explain their philosophy, demonstrate drills or exercises and answer questions from the participants.

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Workshop 4: Pattern topic 2

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Workshop 4: Psychology - Thinking correctly under pressure

Making the right choices in sparring competition is a matter of training and preparation. Simulating match conditions, improving concentration, dealing with distractions, attending to the correct cues, intrinsically understanding momentum, the power of being able to halt negative thoughts all lead to better decisions when it counts. This practical workshop aims to equip participants with the tools to apply these psychological training principles to their own sparring coaching.

Keynote 4: Psychology - Motivation and performance management of high performing athletes

This keynote will address the increasing professionalization and specialization of the training for the different competition disciplines, the need to perform across a year-long season, financing an amateur sporting career, dealing with losing in an individual sport and managing athletes at different stages of development within a national team.

Workshop 5: Lifestyle and Transition Management (Forum)

We will discuss the types of inputs, training and support that are given to professional and amateur sports performers in order to help them to make a positive transition out of high-level competition and into gainful employment. How to maintain positive relationships with family, friends, and employers throughout your career. How to maintain a competitive career through life transitions such as graduating from school/university, moving out of home, starting a family/getting married, retiring from competition etc. There would also be a focus on planning for the continued involvement of the athlete in ITF Taekwon-Do in a meaningful role.

Workshop 4: Sparring topic 2

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Keynote 5: Nutrition - Managing the weight cut professionally

Macros, intermittent fasting, water loading, paleo, diuretics, green baths, saunas, Epsom salts, rehydration protocols, isotonic solutions, fiber and salt manipulation, rebounding, cheat meals, fasted cardio... What is effective, safe, legal and results oriented.

Keynote 6: Performance planning - Long term performance, planned and delivered

We now have the possibility to compete for 12 months of the year, with ITF and Continental cups and championships in both halves of the year. Selection for national teams needs to take place months in advance of championships and so athletes have to peak numerous times a year. Taekwon-Do training is supplemented by fitness training, cross training and low-level competition. Athletes work, do shift work, go to school, raise children, take holidays, get injured, lose motivation. All of this needs to be considered, planned for and sequenced to achieve the best outcomes, not just for this year but for the full duration of an athletes career.

Workshop 5: Performance Analysis - A system for the analysis of ITF Taekwon-Do

We are now in possession of several championships worth of live-streamed footage, untold riches of information if we can only analyze it well enough to discover the secrets it holds. Can we learn from the methods of Boxing Olympians, and gain access to the kind of information that will shape our training for years to come? What can we learn about scoring rates, the effectiveness of various techniques, the timing of scores and impact on the outcome, trends and tendencies of individual athletes etc? Equally, how might we use video in training to enhance feedback and performance in pattern, special technique, power breaking and prearranged free sparring?

Workshop 5: Sparring topic 3

In each of our sparring workshops, we will invite our three presenters to explore how they address a particular strategic or tactical situation based on their coaching philosophy and unique style. We have invited three well known ITF coaches who have distinctively different styles of competitor and viewpoints on sparring. Each will explain their philosophy, demonstrate drills or exercises and answer questions from the participants.

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Workshop 5: Pattern topic 3

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Proposed Programme (full programme will be published online through the ITF website very soon)

Thursday June 27th, 2019 Arrivals

Friday June 28th, 2019 Arrivals

09:00-10:00 Registration

10:00 Opening of the 1st ITF Coach Conference

10:15 Keynote 1: Coach Education

11:15 Keynote 2: Biomechanics for Special Technique

12:15 Lunch

13:45 Workshop 1 (Choose 1):

Plyometrics (development of power) / Inclusion of athletes with disability

15:15 Coffee

15:30 Workshop 2 (Choose 1): Sparring 1 / Pattern 1 / Special Technique

17:00 Break

17:15 Workshop 3 (Choose 1): Sparring 1 / Pattern 1 / Pre Arranged Free Sparring

18:45 Close

Saturday June 29th, 2019

09:00 Keynote 3: Future of ITF Competition

09:45 Breakout groups (Future of ITF competition)

11:30 Break/Coffee

12:00 Workshop 4 (Choose 1): Sparring 2 / Pattern 2 / Performance Psychology

13:30 Lunch

15:00 Keynote 4: Performance Psychology

16:00 Workshop 5 (Choose 1):

Lifestyle and Transition Management Forum / Sparring 2 / Pattern 2

17:30 Close

19:00 BBQ & Entertainment in Scholars Club

Sunday June 30th, 2019

09:00 Keynote 5: Performance Nutrition

10:00 Keynote 6: Performance Planning

11:00 Break

11:30 Workshop 5 (Choose 1): Sparring 3 / Pattern 3 / Performance Analysis

13:00 Closing of the 1st ITF Coach Conference / Departures