

TUM

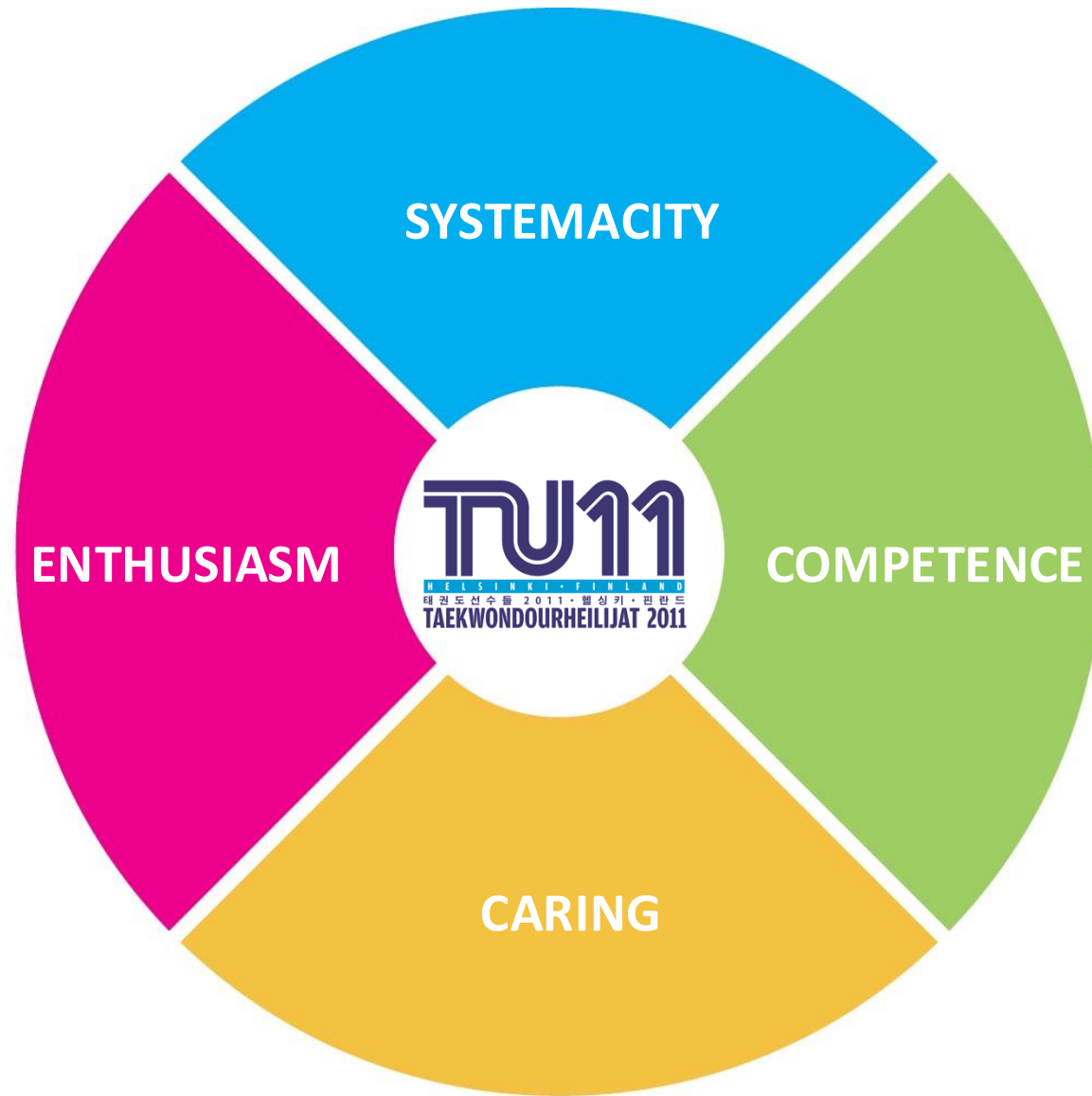
H E L S I N K I • F I N L A N D

태권도선수들 2011 • 헬싱키 • 핀란드

TAEKWONDORHEILIJAT 2011

# COMPETITION CORNESTONES V5

This document is a declaration of our goals and tools in kJOROGII coaching.

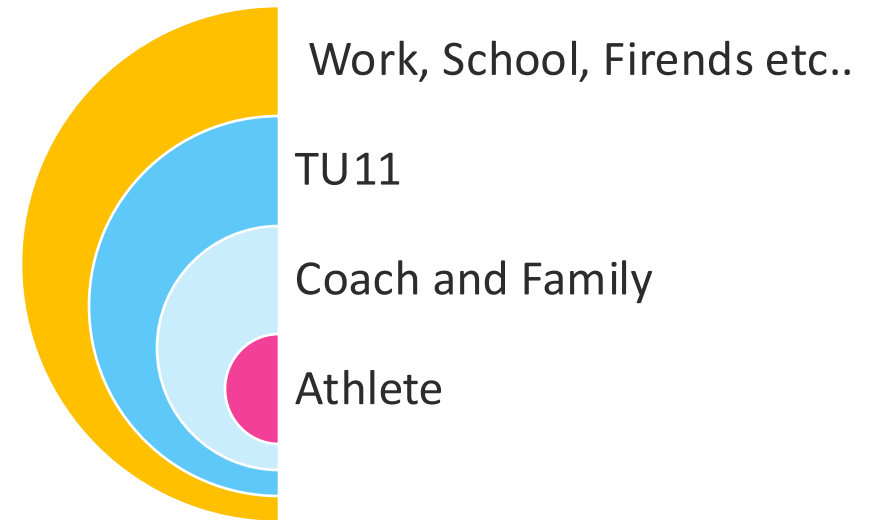


# IT'S A GAME

- **Play to win**
- **Respect all the other players**
- **Have fun**
- **Be serious about it, but keep your perspective**
- **Bend the rules, don't brake them**
- **Learn to win and lose**
- **Keep on learning**

# WE ALL WORK FOR THE ATHLETE

- The athlete is at the center of focus when we work
- All work should benefit the athlete
- We acknowledge that all work for different reasons, but here in the TU11 reason number 1 is the athlete



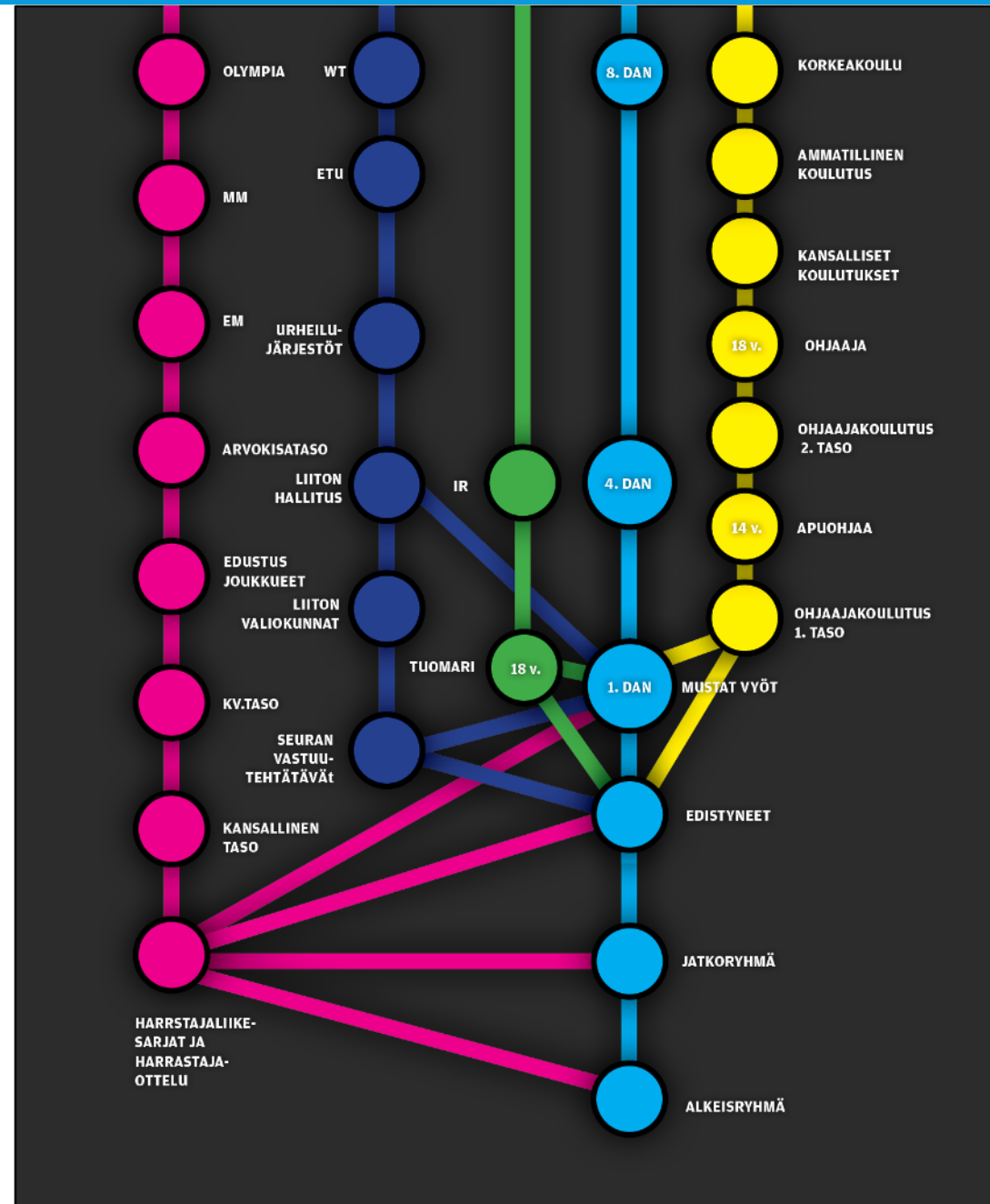
# IT'S A CONSTANT DEVELOPMENT PROCESS

- We need to **get** better everyday
- We need to **be** better everyday
- We need to **work** better everyday
- We need **to redeem our promises** everyday

Learning and development are lifetime goals for everyone in our club.

# IT'S A (LIFE)LONG DEVELOPMENT PROCESS

- From a small child to a top athlete and further on
- It takes some 20 years to develop a top athlete
- An athlete goes through multiple life changes during that time
- Coach must:
  - Understand
  - Inspire
  - Support
  - Help to go on



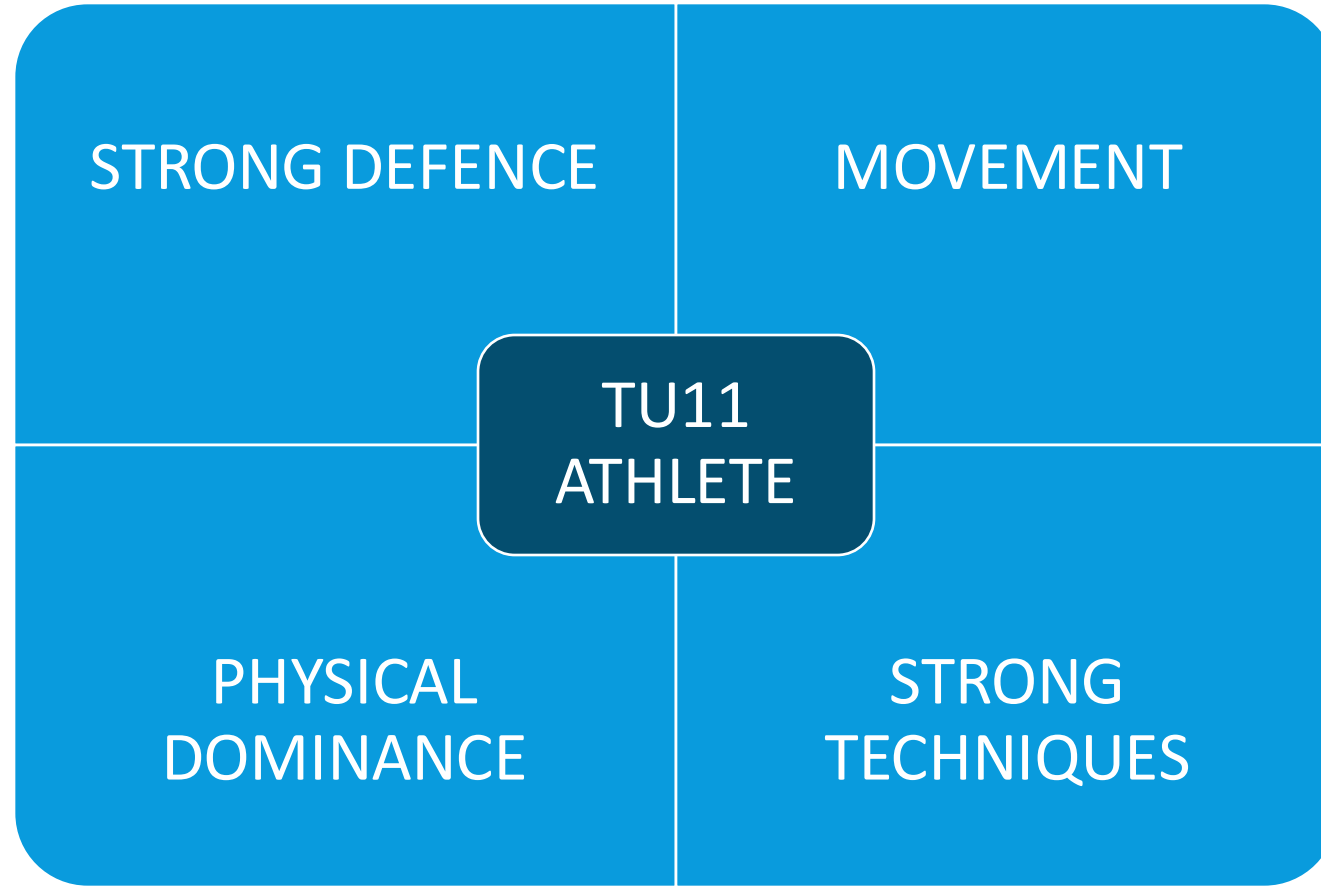
# PURPOSE

**TU11 PURPOSE IS TO GIVE EVERY ATHLETE A CHANGE TO ACHIEVE THEIR PINNACLE.**

- The athlete and athletes development are our main focus
- Different-level goals are all meaningful
- All athletes are unique – so is their way to the top
- Technical, tactical and physical solutions are built on athletes strengths and weaknesses

**OUR VALUES LIGHT THE WAY: ENTHUSIASM, CARING, SYSTEMATICITY, COMPETENCE**

# TU11 FIGHTING CORNERSTONES



# STRONG DEFENCE

- Do not give away points. One point for the adversary means that you have to make two points.
- Defence is not being passive, strong focus and good movement must kept at all times
- Use also very aggressive tactics for defense, for example, kick first to hinder your opponent from kicking
- Movement is the most important way to defend points

# MOVEMENT

- Movement is the key to winning
- Successful tactics require good movement
- The player has to understand and use different distances
- The player uses movement for one's advantage in all situations

WE MOVE FORWARD →

EVEN WHEN WE MOVE BACKWARD, WE DO IT TO MOVE FORWARD.

# PHYSICAL DOMINANCE

- **Players' skills are futile without physical ability**
- **Player must have better physical abilities than the adversary**
- **Player must use ones strongest abilities**
- **Speed – Strenght – Endurance - Flexibility**

# STRONG TECHNIQUES WITH A PURPOSE

- Kicking and punching hard
  - *points*
  - *inflicting pain & fear*
- Techniques with a purpose
  - *points*
  - *building up a change to make points*
  - *defence*
- Techniques fitting the selected tactique
- No showing off

# WHAT A TU11 PLAYER LOOKS LIKE IN THE FIELD OF PLAY

- Physically strong
- Tactically wise and surprising for the opponent
- Moves and uses movement for his own advantage
- Fights according to selected tactic
- Executes simple techniques with a purpose
- Kicks and punches hard
- Plays to win, not to show off
- Wins

# TU11 MUST-DOS IN EVERY TRAINING

- **Kicking with partner (remember wo&w hand defence) -> free light sparring and or sparring games**

[https://youtu.be/twE-zdUkB\\_U?si=cTPmh9QQTqnn-cJB](https://youtu.be/twE-zdUkB_U?si=cTPmh9QQTqnn-cJB) (ok, it is youtube, but the idea is sound)

- **Kicking basics**
- **Jumps (100-1500 reps, speed-endurance-strenght)**
- **Movement training**
- **Kicking/punching from movement**
- **Stretching**

# MASTERPLAN

- Gives you some directions for planning training
- Weekly
- Year divided in 8 week sections
- Includes:
  - The target for physical intensity (1-3, subjective)
  - Physical theme (strenght, speed, endurance)
  - Technical/tactical theme
- Technical tactical theme decided in a meeting at period change



# THE COACH@TU11

1. **Commits to our values: Excitement, Expertise, Systematicity, Compassion**
2. **Is proud to work with the athletes of all ages and levels**
3. **Understands that the athlete is the only thing that matters in the end**
4. **Acknowledges different abilities, goals and levels of commitment**
5. **Understands that there are different levels of coaching with different targets**
6. **Makes the athlete win**
7. **Understands that winning is not everything**

# PLANNING AND CONDUCTING TRAINING

1. Keep the cornerstones in mind at all times
2. Follow the masterplan
3. Remember the must-dos

**USE YOUR KNOWLEDGE, EXPERIENCE  
AND CREATIVITY**

# COMMUNICATION

- We respect the athlete
- Athlete has a say on his training and also training in general
- We listen, discuss and learn from each other (also from athletes)
- We understand that the supporting network is important and we honour them
- We never use physical nor psychological violence to our students
- We respect our students personal limits, we do not touch without consent and our touch is always sensitive

# OUR PSYCHOLOGICAL APPROACH

## AMBITIONS

- We must understand athletes own goals and ambitions?
- We recognize and respect different goals and ambitions

## INNER MOTIVATION

- We nurture athletes own motivation
- We encourage to focus on the training, not only on the results

## AUTONOMY

- We recognise athletes right to autonomy and we give athlete changes to influence in different levels

## COMPETENCE

- We help athlete to feel competent
- We help athlete to recognize ones own development and we celebrate the athlete when achieving the goals

## PERSEVERANCE

- We teach our athletes to be patient and we encourage to never give up
- We are there when the athlete has difficulties

## IMPORTANCE

- We make every athlete feel important

## BALANCE IN LIFE

- We make our part in balancing the civil life and sports



THANK YOU!