



21-22 Sep 2019

Introduction to Coaching Taekwon-Do



Testimonials

“The course content and tutors were excellent. Also very enjoyable. Every coach and aspiring coach should make it their business to attend”

“I learned a lot about my style of coaching at the moment and how to improve”

This course is aimed at new assistant coaches/instructors who have little or no experience in teaching Taekwon-Do and at existing/experienced coaches who are engaging with the Taekwon-Do Advisory Board Coach Development Programme for the first time. The object of the course is to:

- Stimulate an interest in coaching Taekwon-Do
- Provide basic coaching skills
- Promote awareness of the coaching process
- Identify key factors in working with beginners and in particular young participants aged 6-8 years.
- Develop an appreciation amongst coaches of the technical, tactical, physical, mental, lifestyle and personal capacities related to the development of children at this age.

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“Learned a lot from this course in a most relaxed and enjoyable manner. I got some fantastic new ideas. Thank you very much. I look forward to the next course.”

After 25 years of practicing and teaching Taekwon-Do it was great to learn new approaches that I can use in my dojang

What do I need to know??

Entry Requirements	Course candidates will be aged 16 years or over and will hold a grade of 4 th Kup or higher.
Course Duration	12 hours, divided evenly over both days. The exact timetable will be emailed to course participants in advance. St. Joseph's Boys School, Boot Road, Clondalkin, Dublin 22
Location	Clondalkin, Dublin 22
Course Cost	€100 by cheque made payable to Taekwon-Do Advisory Board. This must accompany your application to confirm your place
Personal dress and materials	Course participants should bring Dobok and Belt, track suit, training shoes, writing materials
Certification	A Taekwon-Do Advisory Board Certificate of Attendance will be provided to all those who complete the full course and submit a completed and signed log book.

Please send your completed application form, enclosing a cheque for €100 made payable to Taekwon-Do Advisory board to: Adrian Byrne, Coaching Ireland, University of Limerick, Castletroy, Co. Limerick in advance of Friday September 6th. Places are limited to 20 candidates.

Should you have any specific queries, please email: adrian@shannontkd.com

Name _____

Grade _____

Date of Birth _____

Postal Address _____

Email Address _____

Phone Number _____

Club _____

Association _____

Please give a brief overview of your Taekwon-Do coaching/instructing experience if any:

If you are not the main/senior instructor in your club, your application needs to be endorsed by the main/senior instructor. If there is any difficulty in obtaining this endorsement the decision may be appealed to TAB and to IMAC who will be the final arbiter.

Signature of main/senior instructor _____