



www.taekwondo.ie

INTRODUCTION TO COACHING



This course is aimed at new assistant coaches/instructors who have little or no experience in teaching Taekwon-Do.

Over the course of one weekend, you will be introduced to basic coaching practices and gain familiarity with the methods and techniques used by our most experienced Instructors to get the best outcomes for their students.





COURSE OBJECTIVES



- 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.
- Safely deliver a planned session
- Contribute to the coaching process as a valuable partner

COURSE DETAILS

The Introduction to Coaching Award is a 2 day in person programme delivered by trained Coach Developers. Full attendance and participation across both days is required. A certificate of participation will be awarded on completion of the programme.

Dates: 7th March 2026 | 3pm - 8pm
8th March 2025 | 9am - 5:30pm

Cost: €150

Venue: Mitchelstown Business Park,
The Demesne,
Mitchelstown,
Co. Cork.
P67 WK63



OUR PROGRAMME

IRISH TAEKWON-DO ASSOCIATION

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The Introduction to Coaching award is the first step in the coaching pathway. It is required to progress to the IMAC Level 1 Assistant Coach award and the IMAC Level 2 Senior Club Coach Award.

You will think and act as a coach as you consider topics such as:

- The role of the Taekwon-Do Coach
- The needs of young athletes
- Warm up and cool down
- Developing physical literacy
- The 10 golden principles
- Teaching a skill using the IDEAL method
- Exploring the constraints led approach

We recommend this programme to all Taekwon-Do students aged 16 and above and holding 4th Kup (Blue Belt) or higher.

WHAT DO I NEED TO DO?



Register by completing the Google Form linked in the email / webpage

You will then receive an email with an invoice for payment of the course fee of €150 by bank transfer or credit/debit card.

You will need to arrive in Track Suit / Sportswear and bring Dobok, Belt and Sparring Equipment with you.

Tea/Coffee and biscuits are provided throughout the weekend but we recommend bringing a packed lunch each day, especially if you don't have access to a car.

The course is a blend of class based and on the mat practical presentations. You will be involved in your own learning and contribute to the learning process.

You will act as the coach, assistant coach and as the student at various times throughout the weekend.

You will have access to online resources and physical resources to assist you and support you in your coaching.



WHAT TO EXPECT





CONTACT INFORMATION

www.taekwondo.ie

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