

IMAC TAEKWON-DO LEVEL2
SENIOR CLUB COACH

PROSPECTUS

AND COURSE INFORMATION PACK





OVERVIEW

PROGRAMME SUMMARY

The IMAC Taekwon-Do Senior Club Coach Award (Level 2) is designed for experienced instructors committed to advancing their coaching practice. Whether preparing national athletes, cultivating stronger club environments or guiding students towards the attainment of Black Belt, this course positions you to apply advanced knowledge within real-world settings through an experiential and reflective approach.

TIME COMMITMENT

Duration: 12 months

Total Contact Time: ±50 hours between in person and online sessions

In Person Sessions:

September 21, 2025 (6 hours) - Shannon

November 23, 2025 (6 hours) - Mitchelstown

March 1, 2026 (6 hours) - Ashbourne

May 3, 2026 (6 hours) - Portarlinton

Online Webinars: 12 × 90-minute sessions

Coaching Practice Requirement: Minimum of 4 hours/week in own club

Assessment Preparation and Portfolio Development: ~40 hours self-directed

Note: The course is designed to integrate with your ongoing coaching commitments. 85% attendance at all in person and online sessions is required.

COST

€500



WHO SHOULD APPLY?

This IMAC Taekwon-Do Level 2 course is for experienced coaches who are ready to move beyond just teaching techniques and dive into the deeper, more complex aspects of performance coaching.

Whether preparing senior students for Dan Gradings or optimising athlete performance for an international competition, if you want to improve your coaching through thoughtful self-assessment, practical application, and effective planning, this course is for you.

We're looking for Black Belt instructors with at least five years of coaching experience who are eager to learn and grow. You might already be guiding other coaches, leading a team, or taking athletes to major events, but you know that great coaching means always learning more.

If you're open to new ideas, ready to challenge old ways of teaching, and care more about helping athletes grow than just winning, this course is for you. It's about making a lasting positive impact on your athletes and Taekwon-Do. This course will help you not just improve your coaching skills, but also shape who you become as a coach.



MINIMUM ENTRY REQUIREMENTS

- ✓ Be a current member of an IMAC affiliated Taekwon-Do club
- ✓ Hold a Level 1 Coaching Certificate from IMAC and Sport Ireland
- ✓ Minimum of 3 years coaching experience since certification at Level 1
- ✓ Hold a minimum of Safeguarding 1
- ✓ Hold a current Garda Vet or Access NI through IMAC

PARTICIPATION IN RESEARCH

This pilot programme will be studied as part of a Doctoral Thesis being prepared by the Programme Director, Master Adrian Byrne. You will be given the opportunity to participate in this research through a one on one online interview at the end of the programme, through the sharing of your coach biography and/or through the completion of a second interview around the community of practice.

Your informed consent regarding the research component will be sought at a later date. You will have the right not to participate in the research and such a decision will not in any way impact your participation on this programme.

CERTIFICATION

On successful completion of the programme, learners will receive a Level 2 CDPI Certificate with Sport Ireland and IMAC accreditation.

RECOGNITION OF PRIOR LEARNING

Please contact the programme director for information on the RPL process.



HOW TO APPLY

- 1 Email the programme coordinator for an application pack:
Master Adrian Byrne | abyrne@taekwondo.ie
- 2 You will receive the application form, coach biography questionnaire and a network of supports mapping exercise via email.
- 3 Complete your application and return to the programme coordinator.
Note: Deadline for receipt of applications is the 17th August 2025. Completing the questionnaire will take some time. Please be as thorough as possible. If you need assistance, please reach out to the programme coordinator or one of our Coach Developers (list below).
- 4 Qualified applicants will be accepted on a first come first served basis.
- 5 Once programme participants have been confirmed, you will be invoiced for the full amount of €500. You will be able to pay by credit/debit card or through bank transfer. It will also be possible to pay in instalments over the duration of the programme.

COACH DEVELOPERS

Master Adrian Byrne | abyrne@taekwondo.ie
Master Stephen Ryan | sryan@taekwondo.ie
Master Stephen Cooley | stephen@kmgireland.net
Master Kenneth Wheatley | kenneth.wheatley@gmail.com
Master Pat Barry | patbarrytkd@gmail.com
Master Anne Marie Kinsella | annemariekinsella@yahoo.co.uk
Master Hong Looi | newbridgetkd@gmail.com
Mr Carl Smullen | carlsmullen@gmail.com
Ms Nicola Bergin | nbergin13@hotmail.com
Mr Breandán Dennehy | breandandennehy@gmail.com



LEARNING AND ASSESSMENT

LEARNING METHODOLOGY

We aim to develop coaches in a way that puts the coach at the centre of their learning. Instead of simply giving you rules to follow, we focus on 'situated learning', meaning you learn by applying new ideas directly in your own coaching environment and 'critical reflection,' where you think deeply about your experiences to understand and improve.

Key methodologies include:

- Work-based learning: Apply new tools in your own environment.
- Mentoring: Structured one-to-one support from a senior or peer coach or coach developer.
- Reflective practice: Weekly journaling and milestone reviews.
- Collaborative inquiry: Peer-group problem-solving tasks.
- Situated coaching and performance analysis: Video-based feedback.

This is not a course “about” coaching — it is a course in coaching.

COURSE TASKS AND ASSESSMENTS

To support your development as a coach capable of leading in high-performing environments, you will undertake:

- 1.Learner biography and plan – Construct a personal learning journey aligned to your coaching context.
- 2.Coaching Portfolio – Demonstrate planning, implementation, and review.
- 3.Athlete Development Case Study – Evidence your impact on a real athlete’s progress.
- 4.Professional Conversations – Reflective dialogues with coach developers/mentors on key topics.
- 5.Final Presentation – Synthesis of your learning and intended application.



THE PROGRAMME IN BRIEF

During the application process you will complete a self check and biography. This is a detailed piece of work that asks you to reflect on how you learn, what experiences have shaped you as a coach, where your needs are now and where you want to go. This will help us shape the learning programme around you so the things you learn and problems you solve are relevant to you and your coaching context.

Before meeting in person we'll meet online for a welcome session and a 'learning to learn' module, outlining how learning will be achieved and evidenced throughout this programme.

You'll have 5 days of core taught modules;

Season planning	Pattern Performance
Building a coaching team	Skill acquisition theory and practice
General physical preparation	Sparring skills, strategies and tactics
Notational and video analysis	The Black Belt

And along the way you'll have the opportunity to complete a number of elective modules to tailor the learning experience to your interests and needs. **You need a minimum of 12 credits from elective modules.**

Special Technique - 4 Credits	Performance Planning - 3 Credits
Power Test - 3 Credits	Self Defence -3 Credits
Coach Mentoring - 4 Credits	Managing the Weight Cut - 3 Credits
Coaching Female Athletes - 3 Credits	Sport Psychology - 6 Credits
Conditioning and Energy Systems Training - 6 Credits	Coaching Older Adults - 3 Credits
Adapted Taekwon-Do - 3 Credits	Prearranged Sparring - 3 Credits



Together with your fellow learners, you will form a community of practice. You'll meet online every 3-4 weeks for 60-90 mins to present, discuss and solve real challenges that you're experiencing in your coaching.

Within your club setting you'll work more deeply with a small number of your own athletes. Through goal setting and profiling, baseline testing, season planning, performance analysis and review, you'll journal and share your progress towards your athletes goals over a season.

You'll work in multi disciplinary teams to solve problems based on your prior learning and current goals.

We'll widen your network of support bringing in experts and guests to help shed new light on your challenges or partnering you with a mentor to help keep your personal growth on track.

Our measure of your progress and learning over this journey is your portfolio. This starts with your biography and encapsulates your reflections on all of the experiences you have over the season. What you learned from, what you changed, what stays the same, what challenged you. If the biography is the baseline, the portfolio is the measure of how far you've come.

The coach developers and experts who deliver the programme and support you throughout will not be the same people who assess the portfolios. External experts will be tasked with reviewing your work and determining your final grade.



PROGRAMME LEARNING OUTCOMES

- 1** Develop a coaching approach that embraces and supports participants from diverse backgrounds and skill levels.
- 2** Create training programs tailored to the physical, mental, and social growth of participants, aligning with their performance goals.
- 3** Use skill-building techniques to help participants improve and master abilities across all disciplines.
- 4** Foster an encouraging environment that boosts both participation and performance results.
- 5** Design and assess training programs and settings that focus on the unique needs and goals of progressing Taekwon-Do practitioners and national-level athletes.
- 6** Guide athletes and assistant coaches in balancing sport dedication with a healthy lifestyle.
- 7** Apply advanced methods to improve decision-making and encourage athletes to take ownership in challenging competitive settings.
- 8** Mentor aspiring coaches in assistant and class support roles to grow their skills.
- 9** Contribute to building collaborative groups where coaches learn and grow together.



CONTACT DETAILS

PROGRAMME COORDINATOR

Master Adrian Byrne | abyrne@taekwondo.ie

VENUES

Shannon TKD Centre	Portarlinton Taekwon-Do Club
Unit M1A Smithstown Shannon Co. Clare V14 X329	Unit 6, Portarlinton Business Park Canal Rd Portarlinton Co. Laois R32 E650
Integrity Martial Arts Academy	Mitchelstown Taekwon-Do Club
Unit 20F Ashbourne Business Centre Ballybin Rd. Ashbourne Co. Meath A84 YN77	Mitchelstown Business Park The Demesne Mitchelstown Co. Cork P67 WK63



INDICATIVE TIMETABLE

06/07/25 Announcement of Programme, application period opens

17/08/25 Applications closed

26/08/25 Online welcome meeting 1

21/09/25 In person day 1

October Community of Practice (CoP) Online meeting 1

October Community of Practice (CoP) Online meeting 2

23/11/25 In person day 3

November Community of Practice (CoP) Online meeting 3

December Community of Practice (CoP) Online meeting 4

January Community of Practice (CoP) Online meeting 5

January Community of Practice (CoP) Online meeting 6

February Community of Practice (CoP) Online meeting 7

01/03/26 In person day 4

March Community of Practice (CoP) Online meeting 8

March Community of Practice (CoP) Online meeting 9

April Community of Practice (CoP) Online meeting 10

03/05/26 In person day 5

May Community of Practice (CoP) Online meeting 11

June Community of Practice (CoP) Online meeting 12

12/07/26 Submission of Portfolio for Assessment

09/08/26 External evaluation of Portfolios finished

14/08/26 *Results*

28/08/26 Deadline for submission of appeals

25/09/26 Appeals process including re-grading completed

7/11/26 Presentation of Certificates

