

1st ITF Coaches' Conference

"Learn, Discuss, Share, Enjoy"



Detailed Programme

(Explanation of the content of each keynote and workshop explained below also)

June 28th to 30th 2019

Physical Education & Sport Science Building, University of Limerick

Thursday June 27th

Registration at University of Limerick PESS Building (times TBA)

Friday June 28th

08:30-09.30; **Registration** at University of Limerick PESS Building

10:00 **Opening & Welcome from:**

- **Organising Committee** (Grandmaster Willem Jacob Bos, Mr Adrian Byrne, Mr Stephen Ryan)
- **ITA President** (Master Kenneth Wheatley)
- **Representative of the ITF Board of Directors**

10:15 **Keynote 1: Developing a Coach Education System** by Hayley Harrison MSc.

11:15 **Keynote 2: Biomechanics for Special Technique** by Prof. Drew Harrison

12:15 **Lunch**

13:45 **Workshop 1 (Choose 1):**

- **Plyometrics (development of power)** by Hayley Harrison MSc.
- **Inclusion of athletes with disability** by Brenda O'Donnell from CARA (national organisation for Inclusion in Sport)

15:15 **Break**

15:30 **Workshop 2 (Choose 1):**

- **Sparring 1 "5 All-Star Drills"** presented by Master Tomaz Barada, Master Stephen Cooley and Master Brahim Triqui
- **Pattern 1 "Powerful Patterns Performances"** presented by Sabum Silvia Farigu, Sabum Lylia Doulay, Sabum Andreas Jenstad and assisted by Grandmaster Bos & Sabum Stephen Ryan
- **Special Technique** presented by Dr. Drew Harrison and Sabum Adrian Byrne

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17:00 **Break**

17:15 **Workshop 3 (Choose 1):**

- **Sparring 1** (repeat of earlier workshop) "**5 All-Star Drills**" presented by Master Tomaz Barada, Master Stephen Cooley and Master Brahim Triqui
- **Pattern 1** (repeat of earlier workshop) "**Powerful Patterns Performances**" presented by Sabum Lylian Doulay, Sabum Andreas Jenstad and assisted by Sabum Stephen Ryan
- **Pre Arranged Free Sparring** by Grandmaster Bos & Silvia Farigu

18:45 **Close**

Saturday June 29th

09:00 **Keynote 3: Future of ITF Competition**

Chaired by panel of Grandmaster Bos, Master Coos van den Heuvel and Master Gordon Wallace

09:45 **Breakout groups (Future of ITF competition)**

11:30 **Break**

12:00 **Workshop 4 (Choose 1):**

- **Sparring 2 "Staying Ahead of the Game"** presented by Master Tomaz Barada, Master Stephen Cooley and Master Brahim Triqui
- **Pattern 2 "Dynamic Kicking or Does Slow & Steady Win the Race?"** presented by Sabum Silvia Farigu, Sabum Lylian Doulay, Sabum Andreas Jenstad & assisted by Grandmaster Bos & Sabum Stephen Ryan
- **Performance Psychology presented by Mr Roy Baker**

13:30 **Lunch**

- 15:00 **Keynote 4: Performance Psychology presented by Mr Roy Baker**

16:00 **Workshop 5 (Choose 1):**

- **++ Note; Update to Schedule++ "Choreography & Teamwork, High Scoring Team Patterns"** presented by Sabum Andreas Jenstad, Sabum Adrian Byrne and Sabum Stephen Ryan
- **Sparring 2** (repeat of earlier workshop) "**Staying Ahead of the Game**" presented by Master Tomaz Barada, Master Stephen Cooley and Master Brahim Triqui

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- **Pattern 2** (repeat of earlier workshop) **“Dynamic Kicking or Does Slow & Steady Win the Race?”** presented by Sabum Silvia Farigu, Sabum Lylian Doulay and Grandmaster Bos

17:30 **Close**

19:00 **BBQ & Entertainment in Scholars Club**

Sunday June 30th

09:00 **Keynote 5: Performance Nutrition** by Dr. Catherine Norton

10:00 **Keynote 6: Performance Planning** by Hayley Harrison MSc

11:00 **Break**

11:30 **Workshop 6 (Choose 1):**

- **Sparring 3 “System & Culture Creates Champions”** presented by Master Stephen Cooley, Master Brahim Triqui & Grandmaster Bos
- **Pattern 3 “Building World Class Pattern Competitors, Step by Step”** presented by Sabum Silvia Farigu, Sabum Lylian Doulay, Sabum Andreas Jenstad
- **Performance Analysis “Innovation with Technology”** by Sabum Adrian Byrne, Sabum Stephen Ryan & Andreas Jenstad

13:00 **Closing**

Details of each Keynote & Workshop:

Friday June 28th

Keynote 1; Developing a Coach Education System by Hayley Harrison MSc.

The steps involved in developing an internationally recognised coach education system. . Additionally, we will investigate the role the ITF can play in moving this process forward by leading the development of a coach education infrastructure within the Federation.

Keynote 2; Biomechanics for Special Technique by Prof. Drew Harrison

A detailed look at the mechanics of jumping technique from the perspective of an international Athletics Jumps coach and professor of Biomechanics. Prof. Harrison will break down our 5 competition techniques and de-mystify the process of improving jump performance.

Workshop 1 (Choose 1)

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Option A:

Plyometrics (development of power) by Hayley Harrison MSc.

Hayley Harrison, coach to numerous Olympic sprinters, sprint hurdlers and jumpers, will demonstrate a range of plyometric training exercises and principles common to sprinters and jumpers. Coaches will have the opportunity to try for themselves and observe the correct technique and application.

Option B:

Inclusion of athletes with disability by Brenda O'Donnell from CARA (national organisation for Inclusion in Sport)

This workshop will offer principles and practices that will help to shape a mind-set amongst coaches that empowers them to develop opportunities for people with disability within ITF Taekwon-Do.

Workshop 2 (Choose 1):

Option A:

Sparring 1 "5 All-Star Drills" presented by Master Tomaz Barada, Master Stephen Cooley and Master Brahim Triqui

What are the go to drills for these Top International Sparring Coaches? What do they think are the most effective drills to repeat and include in training their students & athletes.

Option B:

Pattern 1 "Powerful Patterns Performances" presented by Sabum Silvia Farigu, Sabum Lylia Doulay, Sabum Andreas Jenstad and assisted by Grandmaster Bos & Sabum Stephen Ryan

How do you prepare to deliver powerful patterns that the umpires will love? Our presenters share their ideas about how to keep the umpires fingers off the buttons!

Option C:

Special Technique presented by Dr. Drew Harrison and Sabum Adrian Byrne

Adjusting preparation, run up, take off and flight position to squeeze more centimetres out of your jump.

Workshop 3 (Choose 1):

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Option A:

Sparring 1 (repeat of earlier workshop) **"5 All-Star Drills"** presented by Master Tomaz Barada, Master Stephen Cooley and Master Brahim Triqui

What are the go to drills for these Top International Sparring Coaches? What do they think are the most effective drills to repeat and include in training their students & athletes.

Option B:

Pattern 1 (repeat of earlier workshop) **"Powerful Patterns Performances"** presented by Sabum Lylian Doulay, Sabum Andreas Jenstad and assisted by Sabum Stephen Ryan

How do you prepare to deliver powerful patterns that the umpires will love? Our presenters share their ideas about how to keep the umpires fingers off the buttons!

Option C:

Pre Arranged Free Sparring by Grandmaster Bos & Silvia Farigu

Ideas, examples and tips for developing a routine that will impress both the crowd and the umpires

Saturday June 29th

Keynote 3: Future of ITF Competition

Chaired by panel of Grandmaster Bos, Master Coos van Den Heuvel and Master Gordon Wallace

Have your input on the future direction of ITF competition. What should it look like? How do we keep our sport visually engaging, exciting for the competitors and true to the values of ITF as a sport & martial art?

Workshop 4 (Choose 1):

Option A:

Sparring 2 "Staying Ahead of the Game" presented by Master Tomaz Barada, Master Stephen Cooley and Master Brahim Triqui

How do our presenters evaluate the current game and prepare their competitors for the next evolution? Balancing new trends against what has been successful in the past.

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Option B:

Pattern 2 “Dynamic Kicking or Does Slow & Steady Win the Race?”

presented by Sabum Silvia Farigu, Sabum Lylian Doulay, Sabum Andreas Jenstad & assisted by Grandmaster Bos & Sabum Stephen Ryan

Learn how our presenters balance control and precision against power and dynamic execution for competition pattern.

Option C:

Performance Psychology presented by Mr Roy Baker

“Developing psychological training tools for performance on the mats”

Keynote 4: Performance Psychology presented by Mr Roy Baker

“Discussing Mental Fitness”

Workshop 5 (Choose 1):

Option A:

++ Note; Update to Schedule++ “Choreography & Teamwork, High Scoring Team Patterns” presented by Sabum Andreas Jenstad, Sabum Adrian Byrne and Sabum Stephen Ryan

“Finding a sweet spot between difficulty and consistency & maximising your performance based on the scoring criteria

Option B:

Sparring 2 (repeat of earlier workshop) **“Staying Ahead of the Game”**

presented by Master Tomaz Barada, Master Stephen Cooley and Master Brahim Triqui

How do our presenters evaluate the current game and prepare their competitors for the next evolution? Balancing new trends against what has been successful in the past.

Option C:

Pattern 2 (repeat of earlier workshop) **“Dynamic Kicking or Does Slow & Steady Win the Race?”** presented by Sabum Silvia Farigu, Sabum Lylian Doulay and Grandmaster Bos

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Learn how our presenters balance control and precision against power and dynamic execution for competition pattern.

Sunday June 30th

Keynote 5: Performance Nutrition by Dr. Catherine Norton

Dr Catherine Norton will discuss the complexities of weight management for competitive sport. Drawing upon her experiences with Munster Rugby and our own ITF Taekwon-Do she will share what's effective, safe, repeatable and evidence based.

Keynote 6: Performance Planning by Hayley Harrison MSc

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 6 (Choose 1):

Option A:

Sparring 3 "System & Culture Creates Champions" presented by Master Stephen Cooley, Master Brahim Triqui

Find out how our presenters create a culture of performance over time, designing systems that produce talented athletes year after year.

Option B:

Pattern 3 "Building World Class Pattern Competitors, Step by Step" presented by Sabum Silvia Farigu, Sabum Lylia Doulay, and assisted by Grandmaster Bos & Sabum Stephen Ryan

What have the best pattern competitors got in common? What are the essential characteristics and how do you go about identifying and developing them?

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Option C:

Performance Analysis "Innovation with Technology" by Sabum Adrian Byrne,
& Sabum Andreas Jenstad

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?