



# Taekwon-Do

International Taekwon-Do Federation  
www.taekwondoitf.org

**generation**  
ISSUE 07/ AUGUST 2017

## IRELAND

World Championships  
P. 30



**ITF** TAEKWON DO  
WORLD CHAMPIONSHIP  
DUBLIN IRELAND 2017  
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IS READY!



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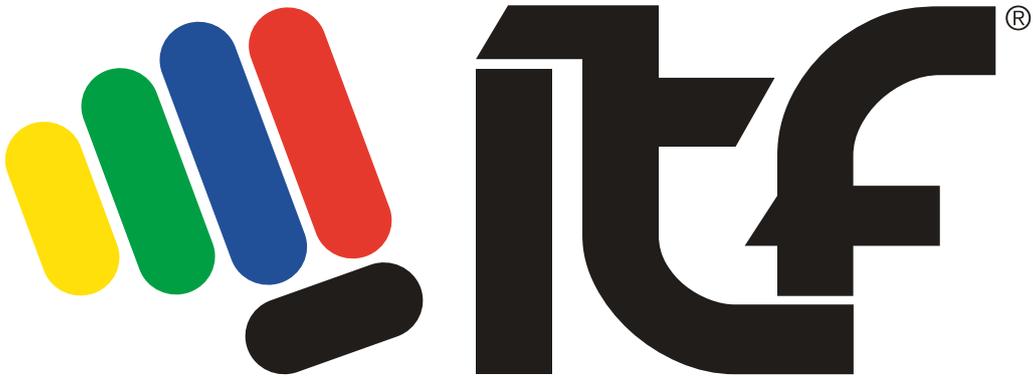
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# DEAR ITF COMMUNITY



In this new edition of the official ITF magazine, we can find a small summary of the work that is being done around the world.

The memory of the creator of our Art, General Choi Hong Hi, represents a way of constant recognition for his work and legacy through the experiences shared with him. In this occasion, it is my time to tell them, which fills me with emotion.

The articles about the advances in studies of sports psychology, pedagogy, medicine related to the care of the body in the elderly, and so on, show the way forward in search of the constant training of our instructors, which means better and safer Taekwon-Do classes.

We can also enjoy the different stories in the first person, which tell us about the effort made by masters and instructors to have a Dojang of their own.

And, of course, our next challenge could not be missing, the next World Championship to be held in Ireland during the month of October.

The effort, the constancy in the work and the progress of our members are, once again, embodied in this new edition.

Enjoy its reading!

GM Pablo Trajtenberg  
President

A stylized graphic of a hand with fingers spread, rendered in various shades of blue and cyan, positioned behind the main title.

# GENERAL

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GM Pablo Trajtenberg

CHOI AND I

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# GENERAL CHOI AND I

By GM Pablo Trajtenberg

I started training Taekwon-Do in 1968, a year after it was introduced into Argentina, although in that time it was called "Korean Karate", I found out that the correct name was Taekwon-Do several classes after of having started!

That what I saw in the classes seemed to me so fantastic, that I then told myself that I would become a Black Belt.

My Master, at that time, was Nam Sung Choi, a good person who inspired in me his passion for this art and who always spoke of General Choi with great respect.

For that reason, shortly after starting my training and when I was a yellow belt, there was a small revolution in the Gym because the Grand Master, the Founder, was arriving in Argentina.

I remember that to welcome him, the seniors performed a small exhibition while we, nervous, observed the performance.

Upon seeing him, the first impression I had of General Choi Hong Hi was that he was an "unreachable person".

At the end of the activities, he went through shaking hands with each of us, so I asked a colleague to take a picture when it was my turn. But it did not come out as I expected because I appeared facing the front, the General in his back view and was only visible a lock of his hair!

Anyway, after this first contact I repeated myself: I want to know him and learn from him. And from there the importance of visualizing, since that desire was something that later would become reality.

Time passed and in the subsequent visits to our country, I managed to be more relaxed and with that I was able to take advantage of his teachings, which were always very juicy. It happened that the Korean masters who taught in Argentina, at that time did not speak Spanish correctly and, on the other hand, for me was easy to understand the English language, so I began to enjoy it and to understand the theory.

On one occasion, together with a colleague we decided to invite General Choi to a lunch at the Sheraton Hotel, he accepted and we shared a very nice moment. I remember that it was so expensive that I had to invest a significant part of my savings, but on the occasion, I received something invaluable, it was there that he signed my condensed encyclopaedia and even he called me by my first name, Pablo, so that was something incredible for me.

## **A new way begins**

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When the TKD was divided and my Korean master was inclined to follow the newborn WTF, I instead, made the decision to follow General Choi; I could not conceive that the TKD would change its technique just for an Olympic goal!

I felt it was my way.

Since that moment, I began to visit him periodically in Canada. I was fascinated with his magnetism as a Master, his personality and his aura had caught me. No doubt that he transmitted something very peculiar.

I remember the first time I visited him, there at the 80's, I wanted to go from the airport to his house by taxi and as it cost a fortune, and in that residential area there were no hotels, I calculated that in just three days I would have expended all my capital! But he was very kind and hosted me at his daughter's house where they treated me very well, too.

In those days, General Choi gave me theoretical material to study during the morning and in the afternoon he taught me in class. It's hard to explain what I felt, but without a doubt I enjoyed at the maximum that time. I also wanted to reach mastery and that was the way, and I was learning nothing less than from the creator of TKD himself.

I was really fascinated by how by being he such a small person in size, his ability to pull off a grip was so powerful and clean! He was clearly an expert.

## **A special personality**

It should be understood that people like General Choi Hong Hi are special beings that radiate something difficult to explain.

For me he was a "great", for many reasons, his courtesy, his greatness in answering, when walking, when explaining. For example, if he asked something and one did not understand he generated a strategy, so we could then come to understand.

I know that this impression together with experience is not possible to relay, but he was a great man with a great passion that left us a great legacy.

He told me once: "TKD is an art that prepares us and trains in the fortress so will never be subjected to the whim of the strongest" and I believe it as a principle of sustenance of his

philosophy of creation.

There were many difficult times because, at the same time, he was not an easygoing person, but he had moments of plenty of communication. He always treated you, in a certain way, like a father to a son.

## **Some stories**

I have many anecdotes but about some of them I will only be able to talk about later not to compromise anyone.

I always enjoyed a lot accompanying him in some trips to give seminars, but some other times, the situations were not so pleasant.

Once, with GM Quan, I was taking care of him sharing the same room and I arrived a little late at night, then he didn't say anything, but the next day, he made me perform some push-ups and fired me out of the room. He then

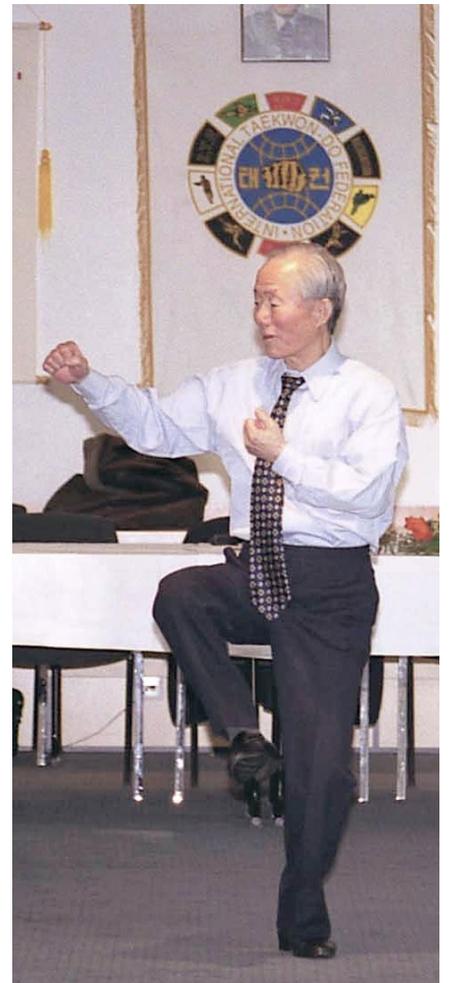
nominated Master Clint Norman to stay at his side at every moment. That fact, even in the distance, still moves me.

On another occasion, being in Brazil, we were taken to a basement of a police unit and the General began to "rant" while I was trying to do a different translation in order to avoid keeping arrested. Now it looks like a wonderful memory, but at that moment only passion made the danger fade to overcome that bad situation.

And something that I treasure in my heart and in my memory is the fact that I reserved the learning of the last pattern Tong - Il, from his hand and he was teaching it to me step by step, with an impressive dedication and passion. I really enjoyed it from the beginning to the end.

Is for these things that sincerely... I miss him!!







### The curious data

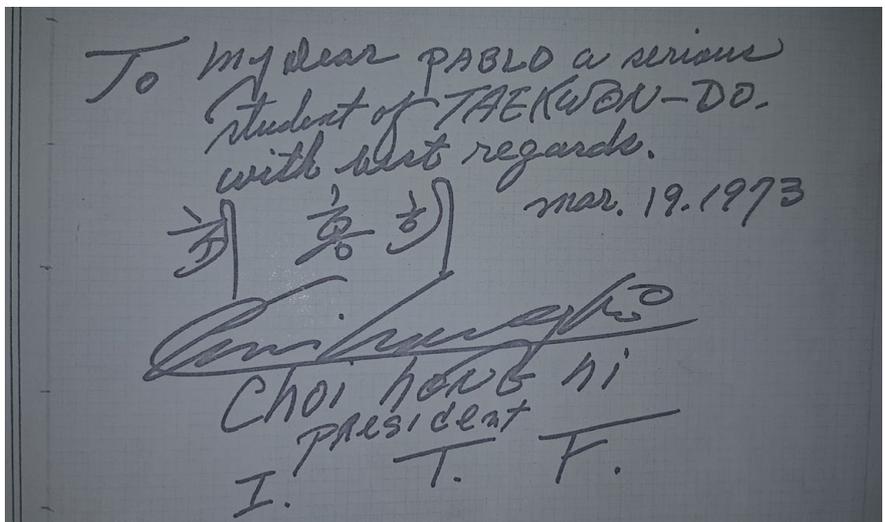
Perhaps of that special personality he had, for all that I express above, I never believed that General Choi was going to be missed someday and that he ceased to exist.

There was a kind of a denial of that possibility.

I think, then, that it is the main reason why I do not have so many pictures of the moments I shared with him; while in those occasions of greater intimacy, as when I stayed at his house, or when during one of his visits I hosted him in mine, to take pictures was embarrassing to me.

Today, I look back and I would like to have and recover the past, but it is already gone and those that remain are the memories, the teachings, and the experiences.

For that, is that I want to share this little story, especially with the younger ones who haven't got to know him, part of my experiences with the Grand Master.



# TAEKWON-DO ITF

by

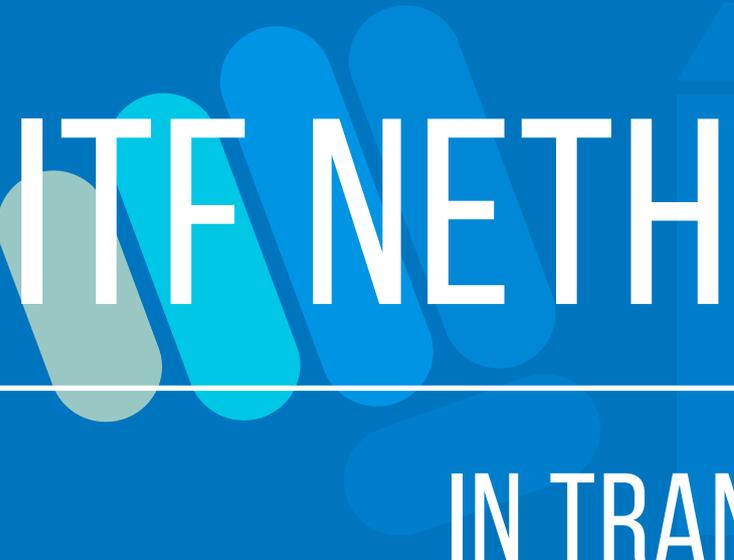


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ITF NETH

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IN TRAN

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NSITION



# ITF NETHERLANDS: IN TRANSITION

**By Jair Stenhuijs  
(Treasurer ITF Netherlands)**

## **Introduction**

“A happy camper” is how ITF Netherlands President, Sabum Robert Boer, described his state of mind after the annual ITF Netherlands Instructor’s Weekend that took place May 13th-14th 2017.

Since 2012 ITF Netherlands - overseen by then President Master

James Tjin-A-Ton - has been busy shaping the federation as an education-oriented organization, with offering possibilities for development for its members. Our training sessions, led by our committees, are slowly but steadily converting into coherent courses. Making these courses interconnected and linked to qualification levels according to

black belt degrees, is a major project that will shape our future, which requires close cooperation and coordination between committees.

This approach is central to our way of thinking: building a dynamic body of knowledge, with input from all committees, that feeds back into each and every



course to create a platform for continuous improvement and development.

We have mapped out this endeavor in our so called “qualification structure”. The main pillars of this structure are the pedagogical-didactical competence, ITF Taekwon-Do competences (sub-categories: technical skills, self-defense and competition), and knowledge management (i.e. updating current and creating new syllabuses for our curriculum, integrating e-learning, and facilitating the accessibility and free flow of knowledge).

Besides the qualification structure, we are investing in facilities to support our member schools on the business side of running a dojang.

One of the core courses is our Instructor Education Course, in which our Instructors learn pedagogical and didactical skills and teaching methods, as well as

organizational skills that are relevant in running a dojang. This course is officially recognized by the National Olympic body and the Dutch Ministry of Sports & Wellbeing - the only ITF Taekwon-Do specific course with this status in The Netherlands.

### **Annual Instructor's Weekend 2017**

On May 13th & 14th we held the annual Instructor's Weekend, which consists of an Instructor's Day on Saturday, Plaque Holder's Training on Sunday morning, followed by the Annual National Congress in the afternoon.

During this weekend we looked back at the past year and what the coming year holds: further professionalization of our federation, further development of our courses (refining our Instructor Education Course, implementation

of e-learning, structuring the curriculum, syllabuses), further integration of our tournament management software (Sportdata) in our tournaments and courses, expanding our services to our club owners and instructors so they have all the instruments they need - besides the passion and technical knowledge - to grow, setting up new committees to help us realize all these ambitions and make our federation grow both in quality and size.

On Saturday we started with an interesting discussion about the balance between “Knowledge” (about ITF Taekwon-Do), “Heart” (our shared passion for ITF Taekwon-Do) and “Economics” (business know-how).

Combining these aspects, you could be a “Pro” if you have all three. You would be a hobbyist if you are a qualified instructor with a lot of passion, but lack the business skills.



If you are knowledgeable about ITF Taekwon-Do, but are only in it for the money, you need to find out if it is really your passion because you will not last long. You need to get yourself some hours in the dojang if you are business-savvy and are passionate about ITF Taekwon-Do, but lack Taekwon-Do skills and knowledge – or make up for it by attracting some good instructors of course.

The discussions were structured according to three perspectives: where does ITF Netherlands stand? Where does your club stand? Where do you stand? This resulted in interesting insights. The general perception was that ITF Netherlands was mostly positioned in – or at least strongly heading towards – the “Professional” area.

Most clubs saw themselves as hobbyists with a “professional attitude” – whether they were making a living from running a club or not.

Differences occurred mostly at the individual level. Some were in it purely driven by passion. Others saw

themselves as hobbyists, but would like to be more professional.

Yet there was consensus about the need for the federation to provide facilities to the members to get more grip on the business side of running a club – which underlined one part of our current policies.

We continued to elaborate on the state of our policy plans. It became clear that many members didn’t really have an idea of exactly how much work was going on behind the scenes. Considering ITF Netherlands is an organization of volunteers, it is quite a feat what we have accomplished thus far.

### **ITF Netherlands: status quo and future plans**

An important new step for our federation is the establishment of the PR/Communications Committee, that will further professionalize both our internal and external communications. These tasks were upon the board





until now. Because of the workload on the board, the information flow to our members was not always as steady as we would like it to be – and such a crucial process needs to be done right as it is essential to our community, both members and our face to the outside world.

Sometimes running a federation feels like you are riding a train at full speed, while having to (re)lay the track while you are going along. Expanding our committees will give us more operational capability, free up more time to focus on policy issues, and realize our policy goals

more efficiently and professionally. Already we see the benefits, as more schools are represented in our committees. The willingness to be active in the federation has never been so high. Also, our committees have become much “younger” on average. Our competition committee, that mainly monitors and advices on the progress of aspiring national team members, are closely working together with the umpire committee and club coaches. Our technical committee are closely working together with our Instructor Education Committee.



With the recent reinstatement of the Masters Council we try to actively learn from the past. Projects like Sportdata bring our cooperation with the Master Series organizers to the next level.

We invested in Sportdata, tournament management software which drastically reduces the overhead of organizing a tournament, while opening up massive possibilities like live streaming competitions with live scoring, new possibilities to attract sponsors, new revenue possibilities

(e.g. renting out the hardware), and much more. In close cooperation with the Master Series organizers - the Master Series are high quality tournaments organized by member schools, in association with ITF Netherlands that cover all official ITF competition elements - we are rapidly upgrading what we can offer to our competitors, future referees and other schools that want to organize tournaments professionally. Since recently we are in touch with the Norwegian ITF - NTN, who are also working with Sportdata - to see if we can help each other out in finetuning the software to our needs - no need to reinvent the wheel.

We are investing in e-learning, starting with our umpire course. Our goal is to increase the efficiency of our courses in the long run: less travel time, higher quality educational material, steeper learning curves, lower operational costs.

We are going to develop a business course for school owners. We have already invested in online administration tools (integrated accounting software and CRM) that will bring down overhead for school owners - and the federation. We have a plug-and-play website for schools. For new member schools or expanding schools we have a special "startup kit" that helps them with promoting their new dojangs.

To professionalize or sponsoring efforts, we are setting up a Commercial & Sponsoring Committee, consisting of highly qualified and experienced volunteers. Our social media game is "on". During (inter)continental tournaments our (live) reports sometimes reach over half a million people. This will prove useful when attracting new sponsors and will open up opportunities to carry out the values of ITF Netherlands, set up long term relationships with commercial partners that share those values - and help us finance our future.



It is worth mentioning that ITF Netherlands currently sees a spike in seminars. Only in 2017 we already had Grand Master Bos, Master Jedut, and after the summer Katya and Oleg Solovey, Mark Trotter and a Radix seminar (with Sabums Robert Boer and Roy Rolstad). In 2018 we will host a "DO" course (introduced at the ITF Convention) and an IIC in Amsterdam. Some are organized by the federation, some by our members. To us this is another sign the Dutch are involved and interested in going forward, together - and please do join us!

Our efforts are resulting in the effects we aimed for: we are attracting good people who are willing to help us move forward; through great PR events like our well organized tournaments we are attracting new schools who want to join us; our members have more ways to develop themselves in ITF Taekwon-Do. And the list goes on.

We have busy times ahead. But we can't wait to see how it all will play out. Taekwon!





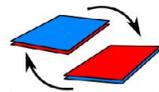
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Usage	The green colour indicated in the table suggests the athlete's weight supported by the tatami.	kg < 40 60 80 100 >
Composition	Expanded reticulated PE foam developed to match ITF requirements.	PE
Dimensions	1000x1000x22 mm	mm Length 1000 Width 1000 Thickness 22
Weight	Each mat weights 1.5 kg.	Weight 1.5 kg
Colours	Blue/red reversible.	BLUE RED
Hardness	All references concerning the hardness are indicated in the table.	Shore A 26 Shore O 31 Shore OO 70
Surface	Rice straw embossing.	
Frames	Kit for frames and corners are available upon request.	
Safety	Tested according the European norm EN 1177 HIC (Head Injury Criteria) - Trocellen internal test	HIC 0,90 m
Flame Retardant	Not available.	
Packaging	Standard pallet's dimensions: 1050x1050x2300mm. Each pallet is protected by a PE film and cardboard corner protectors. Mats can be delivered also in carton boxes (1050x1050x200 mm).	Box 9 pcs Pallet 100 pcs



Water jet puzzle cut system



Laser printed ITF logo



Kit frames & corners available upon request

# SPORTS PSY



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By Sabum Nim Leonardo Oros Duek  
Sports Psychologist

PSYCHOLOGY<sup>®</sup>

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# SPORTS PSYCHOLOGY



**By Sabum Nim Leonardo Oros Duek  
Sports Psychologist**

Every single individual in this world is a professional athlete. We each wake up in the morning, tie our shoes and take our respected playing field. For some this field is the academia, for others the business arena, and for people like us, it is the world of Taekwon-Do.

But regardless of the field that we play on, we each conclude our day with the same question, "Did I win

today?" Did I manage to score that grade that I needed to get on the exam? Did I manage to close the business deal for my company in time? Did I successfully defeat my adversary on the opposing side of the mat?

Although each of these examples radically differ from one another, in order to achieve success, they all require a strong mental game. The

tools and skills to establish this game can be found in the world of Sports Psychology.

The branch of Sports Psychology focuses on helping athletes maintain their mental edge during critical moments all while striving for both personal and team excellence. It is no secret that beyond the physical skill required in all sports, what separates the greats from the average is their

mental game. Their ability to stay focused, to embrace pressure as an added advantage and to consistently strive for success before victory. This however is all rooted in the athlete's love of the game.

Some where along the lines of an aspiring competitor's career (generally when they are younger) they are taught to focus their attention on the outcome rather than their love of the process. They measure themselves in accordance with their record and thereby find themselves striving to attain victory while disregarding the importance of success. The difference between the two, is that victory is an objective measure which reflects that one opponent defeated another. It is important to state, that this is not always under our control. No matter how hard we train, and how much we push ourselves, sometimes our competitor is just simply better than we are.

Success however, as defined by legendary coach John Wooden, is defined as peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to do your best to become the best that you are capable of becoming. We are talking about effort! About sleeping quietly at night knowing that you have done everything in your power to attain victory. These are the grounds in which meaningful growth and value can be achieved and sustained. Striving for this bolsters a well founded love of the game and commitment to the present by the individual.

This is reflected in the world of Taekwon-Do by a competitor's ability to humbly prepare for his fight via understanding that his greatest challenger is only himself. That as he trains with a sense of grit and mental toughness, beyond envisioning himself standing victorious over his competitor, that he sees himself defeating the greatest version of himself. That he recognizes that he has put forth a valuable effort and that regardless of the outcome he holds himself in the highest of esteem. The athlete that holds such an approach will not only develop and unshakable love of the game, but will never be deterred by the quality of the challenger that stands before him. In other words, he's going to have a legendary mental game.



Athletes that prepare for competitions in such a manner have not only shown that they are deserving of their prestige, but also have inspired great competitors to follow in their footsteps. When their admired from the stands, spectators recognize that it is something beyond their physical ability that makes them stand out, but rather their "Never say die" attitude along with their relentless love of the game.

With all that said, this is exactly why Sports Psychology is on the rise in all competitive sports. Professional organizations understand that if an athlete cannot endure challenges, reflect resilience and passionately reconnect to the love of their sport, then their shelf life will be minimal. The fact is, that meaningful growth, critical values, and all the added attributes that we talk about when referring to the world of sports is established and rooted through the world of Sports Psychology.

When Taekwon-Do meets the world of Sports Psychology a window of opportunity is opened for young athletes to discover the importance of hard work, dealing with pressure and facing their fears. As instructors, it is our responsibility that we strive to provide beyond the physical tactics and show them the mental strategies that will help them reach success. Likewise, our success as trainers is not measured by how well our students perform during competition or practice, but rather what values and ethics they display beyond the mat. By studying these techniques from Sports Psychology, and applying them to our training regimen, we are creating something far greater than the love of the sport. We are inspiring excellent individuals.



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CHAMPIONSHIPS



ITF TAEKWON DO  
★★★★ WORLD CHAMPIONSHIP  
DUBLIN IRELAND 2017 ★★★★★



IRELAND  
2017

Dear ITF Community,

I am delighted to be able to invite you, your officials and your athletes to the 2017 ITF Junior and Senior World Championships in Dublin, Ireland. I am excited to say that we have a very strong team engaged in the organisation and promotion of this event to ensure your experience at these championships will be an enjoyable one.

We are confident that you and your team will thoroughly enjoy the facilities, which will be offered to you at the championships. Our world-class four-star hotel, with state of the art leisure facilities, international golf course and the inspiring Arena directly connected to the Hotel, is one of the best venues you will ever see in the world today.

The proximity of the Hall and main hotel Accommodation makes it a perfect venue for the championships; in fact we believe it is quite a unique location, which will inspire and motivate you, your officials and athletes.

In the following pages we have inserted all information you need in order to make your reservations, book your flights, and enter your competitors in the Championships.

I look forward to meeting you all at the ultimate ITF event and I personally promise you and your members an enjoyable and memorable experience in Ireland, one which we can all be proud of and have fond memories to reflect on, if you have a query on any particular area, or alternatively you can contact our main organising committee directly.

Hoping in your understanding and support, and looking forward to seeing you soon again in Ireland, best regards.

Master Kenneth Wheatley VIII Degree ITA  
President (Above extract from Official  
Invitation - downloadable here;

<http://www.taekwondoitf.org/wp-content/uploads/2016/10/World-Championships-2017-Official-invitation-2.pdf> )

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## ITF World Championship Ireland

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Preparations are well underway for the first ever ITF world championships to be held in the beautiful country of Ireland, being organised by the Irish Taekwon-Do Association. We take

this opportunity to bring you up to date with some of the work that has been going on to make this a spectacular event.



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## The organising committee comprises of four people

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Master Mark Buckley 7th degree, Vice President and Tournament Director of the Irish Taekwon-Do Association with many years of experience in organising ITA national tournaments.

Mr Adrian Byrne, 6th degree, ITA board of director's member, coaching officer and many years of experience as national team coach with team Ireland.

Mr Stephen Ryan, 6th degree, Secretary General of the Irish Taekwon-Do Association, chairman of the ITF communications committee and with many years experience as a successful athlete (multi-time European and World medallist) and as coach to team Ireland

Mr Roy Baker, Vice President of WAKO, colleague of the ITA under the umbrella of the Irish Martial Arts Commission and with many years experience in Organising the WAKO World cup event, the Irish Open, which takes place in the World Championships venue, city west and attracts over 4,000 competitors each year.

You can contact the organising committee with general queries at [itfwc2017@taekwondo.ie](mailto:itfwc2017@taekwondo.ie)

**As well as the organising committee several key officers have been appointed;**

Master Kenneth Wheatley,  
8th degree, ITA President - VIP Officer

Master Tim Forde, 7th degree,  
ITA Business Committee - VIP officer

Master Pat Barry,  
7th degree - Umpire Liaison Officer

Mrs Laura Ryan,  
5th degree - Accommodation  
and Transport officer

Mr Jamie Rigney,  
6th degree, - Security officer

Ms Teresa Keith,  
2nd degree - Volunteer officer

Ms Sheena Butterfield - PR Officer

Mr Pat Fitzsimons - PR Officer

Mr Darren Buckley,  
5th degree - Graphic Design

The organising committee and officers have been meeting regularly to plan and prepare for this event and to make sure all critical areas are covered to make this event as enjoyable and experience as possible for all participants.

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## Working closely with ITF

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The organising committee have been working closely with the ITF Director, Grandmaster Bos, who has visited the venue twice up to now to offer his advise and guidance, as well as this we have been working alongside the ITF tournament and umpire committees and the ITF HQ office in all aspects of planning.

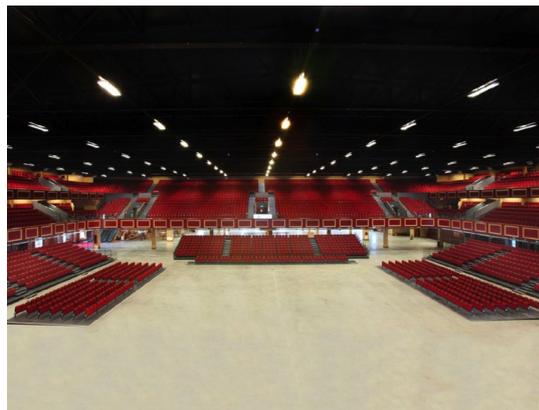
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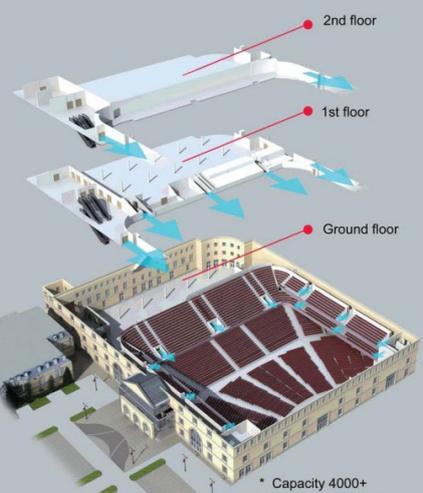
## The venue

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The championships is being held in Citywest Hotel & Convention Centre, Dublin, Ireland and offers facilities all on one campus that are difficult to find anywhere else in the world. For those not lucky enough to book in time to be in Citywest, they will be accommodated in the Maldron Hotel, Newlands Cross, a short distance from the venue, however free transport will be provided.

Teams will have free access to all the leisure facilities, gym, sauna, swimming pool for the duration of their stay and will have access to large training areas at all times in the convention centre.





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 \* 400+ exhibition stands  
 \* 172,000 sq. ft. facility  
 \* 34 breakout / meeting / conference rooms  
 \* Customised Wifi network for up to 2,000 users




## Government Support & Opening Ceremony

As the hosts the Irish Taekwon-Do Association are recognised by the Irish Government, through the Irish Martial Arts Commission we have been able to secure financial support from the Irish Tourism board, Failte Ireland and this will be used mainly in dressing the arena and giving a spectacular opening ceremony that will

showcase Irish culture and talent. The Opening ceremony will take place in the Convention centre on Tuesday October 10th at 8pm. Some key government officials will attend such as Failte Ireland representatives and CEO of Sport Ireland, Mr John Treacy as well as the Mayor of Dublin. This is an event not to be missed.

## Championships Programme

All teams arrive on or before Monday October 9th. On arrival teams will complete registration and will then be able to check into their rooms.

On Tuesday October 10th all umpire and coach meetings will take place as well as the official weigh in. The championships will run 9am to 1pm and from 3pm to 7pm on Wednesday,

Thursday, 9am to 1pm on Friday followed by the ITF congress in the Citywest hotel, 9am to 1pm and 3pm to 7pm on Saturday and from 9am to 1pm Sunday, finishing with the team finals and closing ceremony at 3pm. All teams can depart on Monday the 16th or stay for a holiday.

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## The medal

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Winners will receive a very special and unique medal with Irish inscriptions and of really high quality. We wanted to make these championships truly memorable and this is something that, for those lucky enough to be on the podium will create a very special feeling.



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## After Parties

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There will be 2 separate after parties one for juniors and one for seniors. Both parties will have a DJ and music, seniors will have a full bar service, juniors will have a non-alcoholic bar and some fun giant games. More info on this soon.

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## Dublin

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The Republic of Ireland occupies most of the island of Ireland, off the coast of England and Wales. Its capital, Dublin, is the birthplace of writers like Oscar Wilde, and home of Guinness beer. The 9th-century Book of Kells and other illustrated manuscripts are on show in Dublin's Trinity College Library. Dubbed the "Emerald Isle" for its lush landscape, the country is dotted with castles and a rich historical features.






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### Easy Access to city centre

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If you are planning to visit Dublin city centre you have easy access from both Citywest and the overflow hotel as the LUAS light rail system is only a short walk away and will bring you right into the heart of the Irish Capital




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### Stay connected

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To keep up to date with progress please visit the below sites:

Website of the ITF World Championships 2017  
<http://itfwc2017.com/>

Website of the Irish Taekwon-Do Association  
<http://www.taekwondo.ie/>

Facebook of the ITF World Championships 2017  
<https://www.facebook.com/ITFWC2017/>

Instagram of the ITF World Championships 2017  
<https://www.instagram.com/itfwc2017/>

Regular updates will be placed on the ITF website and social media as well as the event website and social media on a regular basis so make sure to keep checking back.

We look forward to welcoming you to our beautiful country and to you experiencing our warm welcome and culture.



**ITF TAEKWON DO**  
**WORLD CHAMPIONSHIP**  
**DUBLIN IRELAND**  
**October 9th to 16th 2017**

**2017**



FROM W

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MORE THAN  
CHANGE OF

ITF TO ITF<sup>®</sup>

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AN JUST A  
F LETTERS

# FROM WTF

# TO ITF

# MORE THAN JUST A CHANGE OF LETTERS

## **Interviewed: Sabum Nim Carlos Olmos**

### **In general terms, could you tell us what is the situation of TKD in your country?**

TKD was introduced in Mexico by Master Dai Woon Moon in 1969. Coming from Korea, he belonged to the well-known Moo Duk Kwan Association and was not only the pioneer of TKD in our country, but still today is one of the great personalities of Mexican TKD.

TKD in Mexico has developed in a very competitive way, allowing significant results to be obtained at international and Olympic levels.

### **Entering personal ground, please tell us your own TKD history.**

I started practicing TKD in 1970, when I was 7 years old, at the Moo Duk Kwan Association in the city of Hermosillo Sonora, Mexico, and my first teacher was Rafael Sosa.

In my family, TKD became very important because 4 of 5 brothers practiced it.

In the competitive aspect I had many achievements at local, regional, national and international level, but the teaching aspect was what filled me most inwardly and caught my attention. When I was 14, I already was the assistant of the Instructor and, at that age, I was in charge of the small children class.

Today, with a career of almost 40 years in martial arts and 33 of them dedicated to teaching, I can say that, if I were born again, I would do exactly the same.

### **How did the process of transfer to ITF begin?**

I must be very honest about this, TKD in Mexico has become just a sport, and I do not say it is wrong, but they have forgotten the essence, the art and everyone thinks only about the medals.

I lived a stage of competition and enjoyed it to the fullest, but I also lived and felt the martial part, the teaching, and that is why I decided to investigate the real roots of TKD, to move away from the bad sports politics and to focus on the true TKD.

As I investigated I got a lot of answers and I said to myself: "If I make a change, I want the best option", and I think I was very successful. I took what I believe is one of the best decisions of my life, to belong to this great ITF family.

So, another very strong reason why I decided to change, is the deep desire to provide quality teaching with real roots, with great training and support at international level, not to do bad policy but to give the true ITF TKD values.

### **And more than a year after the change happened, how do you evaluate it?**

At first it was an adaptation to all technical changes, as well as to attitudes towards teaching, philosophy, and so on.

But I must say that the fact of knowing the true history and being able to transmit it represents a great change, which has turned out to be, without any doubt, 100% positive.

### **About this, what are the institutional projects for the future?**

As ITF Mexico Organization, spread our ITF TKD throughout the Mexican Republic. Currently, we already have presence in some states of the country.

It is also important to mention our work in rehabilitation centers for children with different capacities, being ITF TKD part



of their therapy, which, as an organization, pleases us and urges us to continue working.

**And in the personal aspect?**

Personally, I intend to train myself as much as possible and become a great instructor to be able to transmit the teachings and the true values of our ITF TKD to all, and thus be able to help form good human beings.

Also, one of my great goals is to be able to be an International Referee, which I know will happen sometime soon.

**Any last words?**

Of course, I would like to take this opportunity to express my special thanks to GM Trajtenberg, our President, and to everyone who made it possible to accept our country, Mexico, within this great ITF family.

Therefore, I will always be grateful.

Also, I want to tell the whole world that ITF Mexico will grow greatly in the technical and martial aspects. And finally, I want to thank the Grand Masters, Masters and Instructors who make ITF TKD a true Martial Art.

A special hug from Mexico for everyone.

Taekwon!



A stylized graphic of a handprint, composed of several overlapping, rounded rectangular shapes in various shades of blue and teal, positioned behind the main text.

HEALTH E

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TAEKWON-DO AND I

EDUCATION<sup>®</sup>

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IMPACT ON THE HIPS

# TAEKWON-DO AND IMPACT ON THE HIPS

**By: Master Frank Vanberghen**  
**VIII degree / Pioneer ITF- Belgium**

As GrandMaster Pablo Traijtenberg quoted during the ITF Convention 2017 in Benidorm (Spain), there are many hip injuries amongst Taekwon-Do practitioners all over the world, so I decided to write a thesis about this phenomenon and the possible solutions after research.

Already after my Master grading in 2004 I decided already to write an article for the ITF website about my 'resurfacing hip surgery' and the result.

After my article was published on the ITF website and in Taekwon-Do Generation, I was contacted by persons from around the world about the Birmingham 'resurfacing hip' BHR. Previously I didn't know that so many Taekwon-Do practitioners suffer from hip injuries because of various reasons.

After this surgery 17 years ago I could continue practising my beloved martial art Taekwon-Do and could have back my quality of life and an active lifestyle.



## Stretching with a BHR



Meanwhile during my contacts with others it became clear to me that there are different hip injuries, due to various causes, not only related to Taekwon-Do.

I'm grateful to all Sabums and Sahyuns sending me their experience. It was very interesting as I discovered a new world during my research.

The difference between practicing Taekwon-Do 40-50 years ago and nowadays is very different.

The 'hard' Korean methods are replaced by a more responsible-scientific medical justified workout. Some karate inspired methods disappeared in time with e.g. higher stances and the sine wave. When reading this document it will be clear this is a very positive evolution.

Also the stretching methods changed (e.g. dynamic stretching after the warming-up and static stretching at the end of the training session).

It is my opinion that during the time, new instructors are evolving in this matter .

Fast but not hard kicks are important, the right angle, feeling comfortable in every movement and stance is the message I want to give through this work.

I invite You reading this document that in the future hip problems due to Taekwon-Do will be over. Stop the 'old school ' methods.

### **Are we alone? no !!**

"To the best of my knowledge, nobody keeps statistics on how many martial artists get their hips replaced, but the list of veterans who've had the surgery done on one or both sides is impressive. **Jean Claude Van Damme, Chuck Norris, Bill Wallace, Billy Blanks, Keith Hirabayashi Cooke, Christine Bannon-Rodrigues, Steve 'Nasty' Anderson, Larry Carnahan, Danny Dring, Tom Seabourne and Joe Hess are just the tip of the iceberg.**"

So I started some inquiry on internet about the most disorders in the hip due to martial art and treatment , evolution ITF Taekwon-do in time , the most disorders in the hip , preventing injuries , stretching methods, even about the difference for hip disease between men and women and the treatment options.

I put after all these parts my conclusion.

I quote some, based on experience and medical facts:

I can conclude here that after 40 years of Taekwon-Do we had an evolution from lower stances to higher stances and bent the back slightly (SINE WAVE!) taking way too much pressure on knees and hips !

The old Korean style: running on hard floors, 'hard' movements instead of power through velocity, incorrect kicks (e.g. the difference between turning kick (tollyo chagi) frequently used in competition (injuring



the hip) instead of the correct performance 'using the hip') and unhealthy movements should be avoided.

....Reading all of this I can conclude if there are signs of hip problems NEVER wait until you're 60, meanwhile 'eating anti-inflammatories' or undergoing treatments with cortisone.

I will never forget Gen. Choi using the words "HIP HOLIDAYS"... and "It is very important to rotate from your hips to create powerful kicks, punches, strikes, and blocks in a correct way. As quoted: the side snap kick can be terribly dangerous if the hip doesn't move first in the direction of the kick.

It is always better to perform a lower level kick correctly than to throw a high kick without proper mechanics.

One fundamental practice of his flexibility routine is strengthening the hip adductors (your groin muscles - the muscles that pull your legs towards each other) in order to improve their flexibility... and abductors (the muscles that pull your legs apart, on the outside of your hip)... should be in HARMONY!

Later on in this document I will point out responsible stretching in this matter.

Avoid HARD 'powerful' kicks and prefer fast kicks (speed over mass) performed in a right way, with the right technique. A wrongly performed tollyo chagi (turning kick or roundhouse kick) can damage your hip and knees.

When I started practising Taekwon-Do in the seventies and seeing what changed until today there is an enormous difference:

- The old 'Korean school' training methods.
- Few or almost non responsible (non-medical justified) stretching.
- Practising and competing on a hard floor and in cold circumstances.
- Irresponsible kicking techniques + hard, powerful kicks in the air.
- No knowledge about static - dynamic, functional stretching.
- Wrongly executed stances.
- No sine wave.

These were also the remarks, complaints that ITF Taekwon-Do Instructors and Masters (40-60 years of age) with hip replacements send me.

## Preventing Injuries Stretching Methods

Starting with a bad example sitting cross-legged = Jean Claude Van Damme was stretched in this position by his coach in Brussels, who jumped on his legs during stretching!

Also the Koreans practiced this way.

A responsible (medical justified) stretching method is necessary.

## Types Of Stretching

You will find also in the complete document all sort of possible types of stretching (Static - dynamic) and how to use.

Stretching after exercise has a totally different purpose than stretching before exercise. The two are not the same.



Master Mariusz Steckiewicz  
Instructor in Vietnam  
( 2 resurfacing hips)

The purpose of stretching before exercising is to help **preventing injuries**. However, **stretching after exercise has a different role**. Its purpose is primarily to aid in the repair and recovery of the muscles and tendons.

## Treatment Options

### Prevention

- Medication (The last option in my opinion).
- Exercises - swimming - correct stretching.
- BHR (resurfacing hip)
- CLASSICAL HIP replacement.

## Prevention and Final Conclusion

· Evolution in our ITF seems positive. I have the impression there are more and more open and well educated instructors.

- Still some training methods should change .
- Hard style kicking has to change and reset to velocity. Also the sine wave and natural movements are important. As Grand Master Marano always says "You have to be comfortable...."

· Avoid using heavy bags to kick !

· I can conclude also that after practicing 40 years of ITF Taekwon-Do I have seen an evolution from lower stances to higher stances and bending the back leg slightly (SINE WAVE !!) taking away too much pressure on knees and hips.

· The old Korean training methods, with e.g. running on hard floors should be banned. Correct kicks should be executed (like we know e.g. the difference in tollyo chagi in competitive (injuring the hip ) or correct performance 'using the hip', turning = turning kick).

· Unhealthy movements should be avoided.

· If there are any signs of hip problems NEVER wait until you are 60! meanwhile 'eating anti-inflammations 'or undergoing treatments with cortisone.

· I will never forget the words of Gen. Choi, saying " HIP HOLIDAYS " .....and "It is very important to rotate from your hips to

create powerful kicks, punches, strikes, and blocks in a correct way. As quoted : the side snap kick can be terribly dangerous if the hip doesn't move first in the direction of the kick. It is always better to perform a lower level kick correctly then to throw a high kick without proper mechanics.

· Avoid executing HARD powerful kicks and prefer fast kicks (velocity over mass) performed in a correct way. A wrongly performed dollyo dhagi (called roundhouse kick in some articles) can damage your hip and knees.

· Correct stretching as stated previously! First "dynamic" (after warming-up) and do static stretching at the end of the training session.

· And in case of surgery choose the "time-buying" system as the resurfacing hip is called. I already won 17 years now.

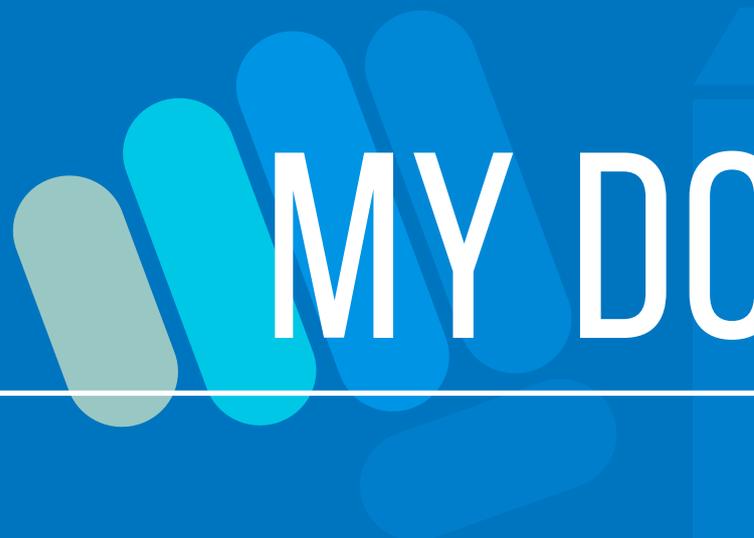


Obtaining 7th degree

**I invite You to read the whole document, with interesting experiences, also from our people .And if You have questions, please contact me:**

**Taekwon-do@telenet.be**

**Taekwon !**



MY DO

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JANG

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## MY DOJANG

## ARGENTINA

**Master José García Cosquín**

Province of Córdoba,  
Argentina



When I started to train TKD I was already a 25-year-old adult, and that happened because despite being a passionate for Martial Arts, before that time I didn't have the possibilities of practicing with continuity.

In 1986, thanks to a friend (Omar Parma), I met a WTF TKD Instructor, José Duarte Sturzenegger, by that time he was 4th Degree who was living in Córdoba and studying medicine. A time in the Capital and another in the city of Cosquín, this Master knew how to spark in me the passion for the activity and during the time that I shared his teachings, I verified that he was a great instructor and an excellent person.

Unfortunately for me, once he received his medical degree and for personal reasons, he decided to return to his native country (Paraguay).

By that time, I was red stripe blue belt and I stood disoriented. I practiced with other instructors, but they did not reach my

expectations, until I met the present Grand Master Armando Crispino, who showed me what I consider the true path of traditional TKD of ITF. Since then and to date, we have counted 27 uninterrupted years of friendship and loyalty.

In 2000, with the collaboration of several students, I founded the Mediterranean Union of TKD, with its Bylaws and Legal Personality (431-A-00), which at that time had 4 venues and a total number of 55 practitioners. 17 years later, we count with 26 academies spread throughout the Province of Córdoba, Santa Cruz (Caleta Olivia) and Tierra del Fuego (Rio Grande), with more than 600 practitioners.

**Number one priority, capacitation**

From the beginning, we have proposed as a priority to develop our capacitation and that of our practitioners, mainly in the elements that make up the composition cycle of TKD (SoonhwanDo).

It is thus that in all these years, we have already participated in 6 IICs dictated by General Choi Hong Hi, in 9 IIC with the Technical Committee that succeeded him after his physical disappearance, in 3 IUC, 3 ITF Conventions, 6 Events in the Children Development Program, between workshops and IKCs and 2 presentations on the Harmony Program, as well as some 60 trainings given by the main national and international exponents.

This capacitating policy is constantly transmitted to the second lines, in a theoretical and practical way, which is generating practitioners with a high technical level and firmly linked to the activity in all its facets.

**The children, the families**

In the last two decades I dedicated myself full time to the diffusion of the TKD and after evaluating that in my particular case, and in the environment where I am based, 70% of our students are composed of children, I have

tried to adapt and to moderate the traditional program for those ages and conditions, undoubtedly influenced by having a large family with 7 children, which was determinant in a certain way and a motivation, as they also be added to my passion.

The first thing I incorporated was to motivate the participation of children and families in trips to different kinds of events such as tournaments, camps, workshops, etc., since I believe that without the support of the family or the environment, is not possible to grow in the activity.

For this, we coordinate with other instructors so that the children who attend each event can enjoy the activity and through that fun, of having a good time, they can show their skills.

There were the 90's and we began to participate in a new modality called Children's Encounters, based on different kinds of games and on some occasions of traditional competitions of combat and patterns. And precisely in events of that style, I met who today is one of the creators of the Kids Program, Sabun Nin Fabián Izquierdo.

A fact that stands out is that several of the children who participated in those Children's Encounters, today are great diffusers of the TKD and of this Program, such as Sabum Nim Daniel Galetto (from the city of Alta Gracia, Córdoba, Argentina) and Boo Sabums sisters Pamela, Marisol and Anabel Vicario (from Caleta Olivia, Santa Cruz, Argentina).

So I continued to teach children, based on test, error and learning, until on the occasion of the first ITF TKD Convention held in Benidorm, Master Donato Nardizzi and Sabum Nim Fabián Izquierdo, made the official presentation of the Children Development Program.

Since then, a new panorama has opened for me. I modified the modalities, reviewed the ages and the systems of teaching for the little ones, all of which, added to my experience, allowed me to

greatly improve the capacities of the practitioners.

On personal bases, keeping connected with the evolution of the activity motivates me so strongly, so today, at my 58 years old I want to continue learning and teaching every day a better TKD.

I am enthusiastic about projects such as Harmony and the teaching for the cases of practitioners with different capabilities.

I must emphasize that teaching in all modalities passionate me, I enjoy each and every moment, in each novice I see a new challenge and a new future champion, the joy that I feel when a new practitioner enters is only surpassed by the return to the trainings of an old student, or when I being entrusted with a son or a relative.

This shows me that I was also able

to sow that passion in them, the seed of TKD.

I consider that in the moment of losing the sensitivity for each disciple, that will be the moment to leave the activity, but for now, the energy that all of them give to me is the motivation and the force that drives me to continue, to grow, with the extraordinary plus to count on my family, my wife and my children as fundamental pillars in this choice of life

To close, I want to emphasize that I believe in TKD with all my heart, I believe in the thousands of masters and instructors who spread it with love, sacrifice, loyalty, vocation and humility; I sincerely believe that from our TKD we can highly contribute for a better world and society.

Taekwon!





## MY DOJANG USA

### Queens Taekwon-Do Center - By Master Rubén Suárez

Queens Taekwon-do Center (QTC) is located in the North of the American continent, concretely in the USA, in New York City, Queens County, at the following address: 89 -18 Roosevelt Ave., Jackson Heights, NY 11372.

QTC is part of the National Taekwon-do Association-ITF (NTA-ITF), an Allied Association of the ITF in the USA, which was created in August 2012 and has the affiliation of 30 schools around the country.

#### Make a Difference

In our area there is much diversity in the supply of activities and sports directed, above all, to the child population. This gives both the children and their parents a wide range of options and forces us to live up to the circumstances for them to choose us.

Therefore, the great difference we make in our Taekwon-Do school for juniors lies in the emphasis with which we teach the principles of TKD and work on values, which in our world today are almost completely lost. Of course, this cannot be separated from training in the physical and technical part that helps us to develop TKD

In our Center, we believe that these contributions of basic values will prepare the little ones better



and also change our generation, resulting in a better world.

And in that sense, we consider that we must also help parents.

The work is arduous and unfortunately we do not have support from the government or from private companies. However, we consider that it is not necessary since, that way, the economic effort that we do as individuals is more valued.

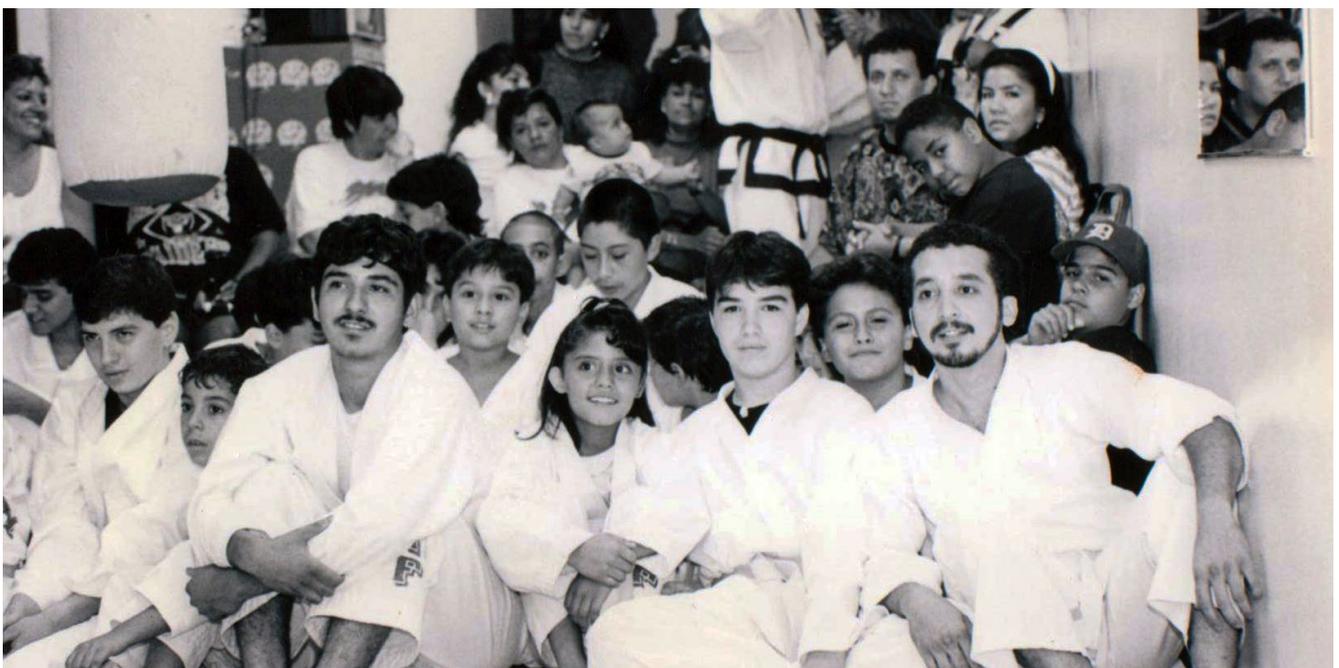
From experience, the vast majority do not appreciate things when they are free.

**Family First**

If we talk about the beginnings, I must say that this part of the story is quite extensive, but it is worth summarizing the history of QTC.

While many schools start well planned, with a good budget and a very good organization, QTC was born only with the desire to promote TKD, with the dream of an instructor and without working capital.

This happened on 1st March, 1992, when Master William Perlaza (who is currently one of the USA coaches and will be present at the next World Championship to be held in Ireland) and Isabel Gutiérrez made the initial contribution to this "Madness", that would not be easy at all.





And it really was not easy, since the fact of being in another country, not to dominate the language and the abrupt change of routine, at a certain moment made me think of returning to my homeland, Colombia.

But my mother-in-law Ruth, Gloria's mom (my wife), convinced me to come to New York because it was the closest thing to my hometown (Cali), and here I would also have the advantage that in the Latin area I could Communicate in Spanish, which made me feel more confident.

However, the most important thing that my mother-in-law made me see was that, if I returned to my country, I probably would not see my two older daughters and my newborn Stephanie again. This is what made me reconsider and for which I am eternally grateful to her from my soul.

Watching children grow, teaching them our culture and Taekwon-Do was and remains the most important thing in my life.

That sense of family that Taekwon-Do provides has made me grow as a human being.

Everyone in my family is a TKD practitioner. My wife is VI dan, Claudia is IV dan, Lorena and Stephanie are III and Ruben Jr. is Red Belt.

### **A Place in the Big Apple**

QTC started operating one block away from where it is currently located. It was a small cellar where, along with my daughters Claudia and Lorena, and some students who had already trained with me in Colombia and now they were in New York (like Gustavo Naranjo, Black Belt VI dan, who still trains with me and is also a Black Belt in Jiu - Jitsu, and Juan Carlos Leon, who accompanied me for many years) we met every day to practice along with Master Perlaza, our eternal companion.

This small group started this dream.

That way, as time went by carrying out street shows, distributing publicity and making contact with friends, the first students arrived at our school. So much so, that in a year we had to change premises because the space began to become increasingly small and inappropriate.

So we moved to another building, to an environment that was much larger than the previous one. It was about 2500 square feet and was also a basement, which made us live another odyssey.

There we stayed for 16 years until, one day, the city of New York decided to close all businesses that were in basements.

Of course, it was like a bucket of cold water for me.

On that same date I had invited Master Kurt Ottesen to give an Umpire Seminar at my school, and my surprise was that I literally didn't have a school.

God exists and, fortunately, a student helped me find a place for the seminar. He was the owner of the building and I was provided with a room located on the first floor, which is the same place we are today.

As an anecdote to highlight, on seeing the situation, Master Ottesen put on his work clothes and began to demolish and to condition what would be the QTC. Not many do this, therefore, always thank you, Master Ottesen.

In the competition part, we have achieved many titles worldwide.

The first was Danny Perlaza, who won a gold medal in the Junior World Championship in Italy 2004. He began the achievements and international recognition of our athletes, such as Adriana Moncada, Julio Carlos, Stephanie Suárez, Emanuel Carlos, Kiabeth Jiménez, Linda Camacho and Michelle Muriel, Stephanie Romero and Dennys Kolenovic.

More than 3,000 students have passed through our school since its beginning. And currently we have two classes for adults and four for children from Monday to Friday, and on Saturday and Sunday, we have another group that can only attend classes at the weekend.

We have organized national, regional and international events. Among them, the main ones were:

1. XXII ITF NY Taekwon-do Tournament
2. 4 International Instructors Courses (IIC)
3. 2 International Umpire Courses (IUC)
4. 1 International Kids Course (IKC)
5. Regional Sparring and Patterns Seminars

And we keep walking forward. Our students have followed the example and have opened several schools in the USA.

New events are coming, because a better and more peaceful world is possible. If it's by the way of Taekwon-Do, much better.



## MY DOJANG

## SPAIN

Club  
Kumgang

Today we interview Master José Ramón Viudes Aldeguer, VIII Degree Black Belt and Vice President of Federación Española de Taekwon-Do ITF (FEST).

**What is the name of your Dojang?**

Club Kumgang La Vila

**Where is it located?**

It is located in Villajoyosa, in the Province of Alicante (Spain / Europe), a beautiful coastal town with a population of 32,000 inhabitants.

**When did your Dojang first open its doors?**

In June 1983, we have more than 34 years of history behind our backs. And we have also been pioneers in the practice of ITF Taekwon-Do in our city.

**How is your Dojang?**

Well, we have one of the largest Dojangs in the city. The facilities have a total area of 780 m<sup>2</sup>, distributed in different rooms, totally conditioned for the different activities. And for Taekwon-Do and other Martial Arts we have three rooms: the main one has 120 m<sup>2</sup>, the second 60 m<sup>2</sup> and the other about 40 m<sup>2</sup>.

**What other activities or disciplines are taught in your Dojang?**

In my Dojang various disciplines are taught, such as Fitness, Bodybuilding, Zumba, Pilates, Aikido, Kick Boxing, and so on. But from its origins to the present day, Kumgang La Vila Club has mainly been dedicated to the diffusion and teaching of ITF Taekwon-Do, under the umbrella of FEST (Spanish Federation of Taekwon-Do ITF).

**Can you tell us something about the trajectory of your Dojang?**

In our more than 34 years of history it has given us time to do many things, we have achieved large and small projects, where we have sometimes succeeded and also made some mistakes. They have been years of joys and triumphs, also of disappointments and sacrifices, of challenges and constant overcoming, but above all, many hours of work and passion for what we do.

**How can you stay there almost 35 years later?**

Well, there are a lot of things, but I can tell you that what I have tried during all these years is to implement and apply to the club, as a company, the five Taekwon-Do Tenets. But, without any doubt, everything I said in your previous question has been the key to our success and duration.

**What are your next goals for your Dojang?**

Goals? Many, although the main thing that I have in my mind is to keep it open and to continue to spread the legacy of Gen. Choi for many more years. My main goal is to continue watching over the technical, physical and mental level of my students. Thanks to the trust they put in me, we continue to grow in every way.

**I deduce from your previous answer that you are demanding with your students, isn't it?**

I suppose so, quite as they say. On this I have to say that I never put unattainable goals, I make them believe in themselves and, above all, my purpose is that they understand that, with effort and perseverance, they can get what they propose. It is important that each one learn to recognize the physical-technical effort involved, the importance of the attitude they demonstrate and to know all this in terms of their characteristics and possibilities.





**How is teaching in your Dojang, as a sport, as a martial art or both?**

A premise to take into account: Sport as such, and especially in its competitive aspect, is for some years and at the end is over, Taekwon-Do as a Martial Art develops indefinitely.

First of all, I want to say that in my Dojang, the most important thing is to maintain the traditional aspects of Taekwon-Do without underestimating all that is involved in the sport of Taekwon-Do, which is so important today.

From my point of view, Taekwon-Do is not a mere sport, it is first and foremost a Martial Art, and turning it into a set of gymnastic exercises is a serious mistake. However, it has a sport aspect that is currently very empowered and has made it tremendously popular around the world. Having said that, and speaking in its favor, I also consider that as a sport is one of the best and excellent systems of physical education, it puts into operation all the systems of the human body, favoring and enhancing the correct development of physical faculties such as stability and balance, flexibility and elasticity, coordination, speed, power, reflexes, and a long etc., which achieves a very complete, balanced and suitable activity for health and physical development of the person.

Finally, I would like to say that a certain balance between the Martial Art and the sport is what I impart, although in my Dojang the balance inclines more in favour of Taekwon-Do as a Martial Art.



**Finally, tell us what you have learned after nearly 35 years teaching Taekwon-Do in your Dojang.**

All these years I have been taught and I keep on learning many valuable things. I have been given a series of essential collective values such as will, patience, discipline, effort, self-improvement, respect for others and the rules. The practice of Taekwon-Do teaches values for life, our five tenets and the student's oath are the pillars of these values. Another of the things

it has taught me is to continue persevering and learning, and this permanence in my learning throughout my life has helped me a lot in teaching, has taught me to feel the pleasure of learning and teaching Taekwon-Do, and how to create the necessary conditions for my students to learn and grow as people. I have always been very clear that Taekwon-Do Instructors and Teachers teach and transmit knowledge, but we also educate by example, Taekwon-Do has also taught me this. In short, it has taught me to be a better person.



HARM



MONY

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# ACADEMIC BASES OF THE HARMONY PROGRAM

By: Dr. Gustavo Tomás Díaz (1)

World society has been living a process of globalization and aging for fifty years. Thus, life expectancy increased from 34 years at the beginning of the XX century until 80 in developed societies. This change is associated with the treatment of infectious diseases and, fundamentally, health measures of water, food and housing. This led to an epidemiological transition in the health problems of the population, in which tuberculosis and childhood diarrhea passed into the background, without being eradicated, but the problems associated with feeding and lack of physical activity related to the Metabolic syndrome (diabetes mellitus, or dysglycemia, hypertension, central obesity, hypertriglyceridemia...) became prevalent.

At the level of population structure, it is observed that the population pyramid has almost become a rectangle, and in some countries inverted, a phenomenon that will affect the entire planet by 2050, when it is estimated that there will be more adults than children.

It is therefore a must to generate a new approach to protect the planet's inhabitants, especially older adults, starting from the 50-year-old onwards. Developing activities that maintain health, and especially after 65, to face Geriatric Syndromes or Geriatric Giants. Thus, this program adapts Taekwon-Do (TKD) preparation to achieve a physical condition that gives the adult and the elderly greater functional independence.

## Transición Epidemiológica y cambio demográfico



## Taekwon-Do Cell Base

Cell biology teaches us that there are three types of muscle fibers, as outlined in the following table



Biología Celular del Programa Harmony

Equilibrio  
Flexibilidad  
Resistencia  
Reacción  
Velocidad



Biología Celular Células musculares	Tipo I lenta Resistencia y Estática	Ia Intermedia	Iib Rápida Acción-Reacción
Diámetro	Intermedio	Grande	Pequeño
Glucógeno	Bajo	Intermedio	Alto
Resistencia a la Fatiga	Alto	Intermedio	Bajo
Capilarización	Alto	Alto	Bajo
Mioglobina	Alto	Alto	Bajo
Velocidad de contracción(m/seg)	94.3	64.5	69.6
Actividad de la ATP-asa	Baja	Alta	Alta
Sistema energético	Aeróbico	Mixto	Anaeróbico
Motoneurona	Pequeña	Grande	Grande
Descarga Nerviosa	Baja	Alta	Alta

Based on this, program activities were developed, optimizing postural function, rapid, slow and intermediate movements.

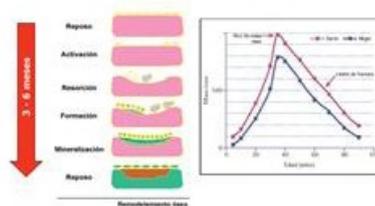
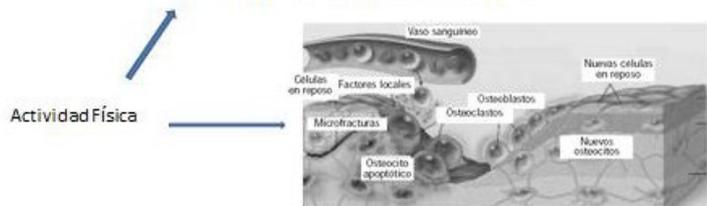
Geriatric Giants or Geriatric Syndromes: Falls and Cognitive Impairment

These pictures have been called this way because of their frequency and significance.

If a geronte falls and breaks the hip, and does not operate, then he/she has six months of life. That is why everything we do to maintain his/her bones, tendons, muscles, nervous system (NS) and balance is fundamental. TKD-Harmony works on them. For an older adult, to prevent a hip fracture is more important than for a youngster to win a championship.

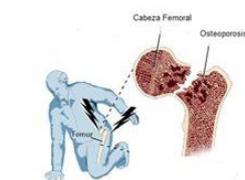
The bone is in permanent formation - destruction, depending on nutrition, hormonal function, NS and external stimuli, physical activity.

## Remodelado Óseo



## Caidas

Fractura  
Discapacidad

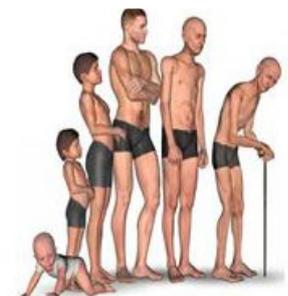


CAUSAS  
Sarcopenia  
Osteoporosis  
Pérdida de la Flexibilidad  
Coordinación  
Equilibrio  
Memoria



Tamaño y Función

**SARCOPENIA**



**CICLO VITAL**

## Cognitive Impairment

### Gigantes de la Geriatría Deterioro Cognitivo



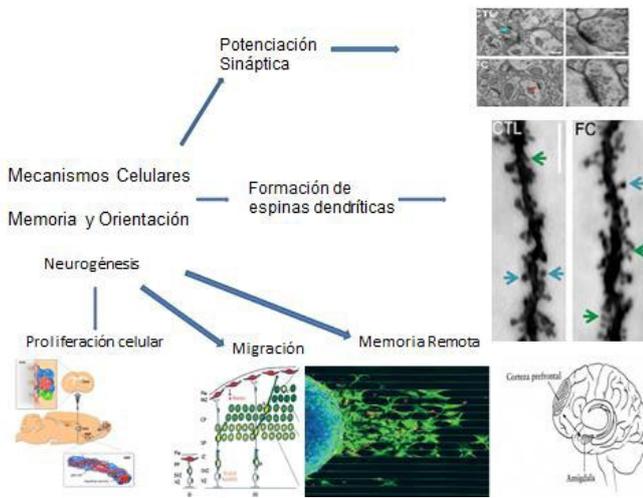
- Pérdida de la Memoria
- Desorientación
- Alteración del Equilibrio
- Falta de Coordinación
- Disminución en la Velocidad de la Marcha
- Caídas
- Aislamiento



Our NS is affected as we age, we lose memory capacity, planning, orientation, movement control ... External stimuli help NS health, TKD collaborates in the function and recovery of injuries by providing the release of neurotrophic factors, such as Brain Neurotrophic Factor generated in the muscles and acting in the brain. This strengthens neuromuscular

memory, balance and coordination, increasing self-esteem and socialization. And it is natural since it does not use drugs.

Neuroplasticity: Phenomenon by which the NS is maintained



### Neuroplasticidad





We must also prevent stress injuries, common in a complex, changing and hyper competitive society. Continuous over stimulation for survival leads to stimulation of the brain amygdala, which causes an increase in cortisol and other hormones that damage the hippocampus, with consequent loss of memory and visuospatial orientation. Learning relaxation techniques and socialization help overcome this problem.

**Memoria Espacial-Orientación-Control del Estrés**



**IMPORTANCIA PROGRAMA HARMONY**

The learning of patterns (Tul) improves visuospatial memory, orientation and collaborates in socialization, while maintaining functional capacity.

We must remember the importance of preventing cardiac injuries during training, for this it is important to avoid tachycardia. Since the heart muscle is nourished during diastole (filling phase), if it is shortened, irrigation decreases, causing arrhythmias and even an infarction. That is why it is fundamental between exercise and exercise to perform three deep breaths, to generate a bradycardic stimulus (frequency reducer) and provide oxygen.

**TKD-Lineal**

**OBJETIVO HARMONY**  
Envejecimiento Saludable

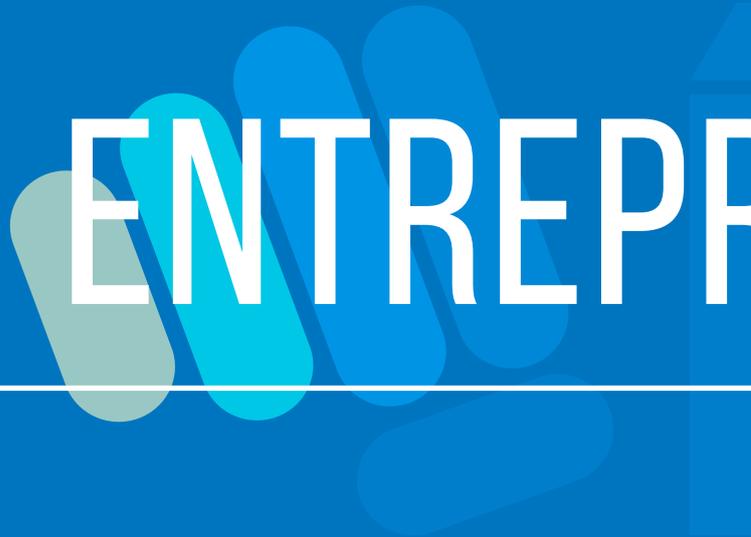
**Envejecimiento Patológico**

Diagram illustrating the goal of 'OBJETIVO HARMONY' (Healthy Aging) versus 'Envejecimiento Patológico' (Pathological Aging). The diagram shows a human silhouette with various health indicators. On the left, 'OBJETIVO HARMONY' includes: 'Saludabilidad del corazón', 'Fuerza física', 'Flexibilidad', 'Capacidad respiratoria', and 'Alta del ritmo del corazón'. On the right, 'Envejecimiento Patológico' includes: 'Pérdida de memoria', 'Falta de equilibrio', 'Falta de energía', 'Falta de actividad física', and 'Falta de socialización'. A photo shows a doctor with a stethoscope examining an elderly patient.

Thus, TKD is a linear art, giving each stage of life the physical, cognitive and emotional resources for a harmonious development, looking for integrity and healthy aging.



(1) Medical Surgeon, Magister in Gerontology, General Surgery Specialist, Family and Community General Practitioner, Geriatric Specialist (Medical Council of the province of Córdoba, Argentina), Expert in Diabetes (Medical Council of the province of Córdoba, Argentina), Doctor in Medicine and Surgery, among other medical titles. III Dan in Taekwon-Do

A stylized graphic of a hand holding a pencil, rendered in various shades of blue and teal. The hand is positioned behind the text, with the pencil pointing upwards.

ENTREPP

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RENEURS<sup>®</sup>

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# ENTREPRENEURS

**By: Sabum Jorge Zalberg**

By request of Sbm Fabián Izquierdo I sat in front of my computer to try, in a few words, to tell a little of my personal life. I think what struck Fabian is how a 57-year-old entrepreneur, director of 2 companies in Brazil, could have come up with the "crazy idea" to open his own Dojang, to devote several hours a day to give Taekwon-Do lessons.

Everything started in Uruguay, specifically in Montevideo, where I was born, where I grew up and where I built a beautiful family. I started at age 13 (1973) to practice Shotokan Karate with Master Faggiani, with the sole intention of learning to fight, in order to be able to defend myself against the aggressions that I frequently received in my neighborhood, because my school uniform clearly revealed that I belonged to the Jewish community and that was the reason why some violent neighbours awaited me and my friends on the way back to beat us up, which sometimes happened.

One day I met my friend Marcos, with whom we had practiced Karate together, and he told me that he was delighted to practice Korean Karate with a Korean teacher so, out of curiosity, I went to see a class and in 1982 I started practicing Taekwon-Do with Master Byung Sup Lee, who was the introducer of TKD in Uruguay. My contact with ITF was in 1988 at the Instituto Koryo Uruguay with "MY MASTER" and great friend Sahyun Andrés Rivas, who was undoubtedly the great initiator of the ITF in Uruguay but, above all, it was he who taught me to love TKD.

In the year 2001 with 41 years of age, for different reasons I decided to look for new horizons, so I bought a one-way ticket to São Paulo; I left my family in Uruguay and arrived in Brazil alone, willing and with many ideas,

but nothing concrete. I lived in a hotel and started selling accessories and spare parts for imported motorcycles.

3 months after arriving in Brazil, it was time to find friends and a family place, so I went out looking for an ITF TKD school, but I was surprised to see that there were not many options in São Paulo. Finally I found the "Class A Taekwon-Do" school, one of the most traditional, led by Sabum Claudio Pinsdorf, who opened its doors to me and I was able to confirm that one of the great benefits we TKD practitioners have is that we belong to a large family that has no borders. Everywhere you go, if you are practicing ITF TKD, you will have family and friends.

## **Perseverance and Indomitable Spirit**

After 6 months living in Brazil I suffered an accident in which I broke my right ankle; they had to do several surgeries to me and they put me a titanium plate with 7 screws, which forced me to use crutches for more than 4 months. And as if that were not enough, by order of the doctor I received the definite ban on continuing to practice TKD or any other physical impact activity.

At that moment, my friends and my family from Uruguay asked me to return to Uruguay for a while until I recovered, but my perseverance and indomitable spirit did not allow me to give up and even though I had to live alone, cook, clean the apartment and even get on the bus with crutches to visit clients, I stayed in Brazil and I continued to struggle with the knife between my teeth (as the popular saying goes) and, of course, I never abandoned the practice of TKD.





**The united family and new moves**

After the first 2 years living here alone, surely the longest and hardest of my life, I started to have enough income to finally be able to bring my wife and children, so we could live together again.

As time went by, my work got better, my family adapted remarkably, my wife flourished in her career and my children had an excellent education, but I still felt a little bit frustrated about TKD.

Although my relationship with the "Class A" family was and continues to be excellent, I felt a little lack of martiality, perhaps because in Uruguay I always trained TKD applied to self defense and "Class A" is more competition oriented. In fact, they always had an excellent tradition to have, among its students, formidable competitors who became champions in World

Championships, Pan American, national, São Paulo tournament and so on.

As I told my teacher from Uruguay about this concern, he recommended that I went to meet an Instructor in Vila Mariana neighbourhood.

Then in 2012 I met Sahyun Armando Vivas, who belongs to another worldwide association of ITF TKD, and it was him who made me think and understand that perhaps the time had come, when I should think about teaching.

In 2013 I wanted to return to our ITF and I discovered that "Class A" was without headquarters and many of its students scattered without being able to train. Then, together with Thiago Preto and Rodrigo Blau, we started working to reopen the "Class A Academy", which happened in 2014, after creating a partnership with Claudio Pinsdorf, Luiz Quintas, Felipe Zangari and Rodrigo Soares.



In 2015 I found myself being a Director of 2 companies in the commercial area, having relative economic tranquility and being able to freely dispose of my time, but again I felt uncomfortable with my TKD, because I started to wonder, why in a giant population like Brazil are there so few connoisseurs and practitioners of our Art?

Then I thought to myself: why not trying to do something different?

### **From the idea to the birth of Koryo**

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That way, I began to design, in my head, the idea of founding a new school that had the main focus on education and spreading and expanding TKD in the city. However, at that time I still did not feel confident enough to do it alone.

Sharing that insecurity with Sabum Ricardo Ramírez, President and Founder of ABT (Brazilian TKD Association, allied association to which I belong) and founder of its exemplary school TKD Harmony in Campinas, he guided me, as only a Grand Master would do, to participate in all possible courses and seminars. I followed his advice immediately, and I was lucky enough to go to some IICs, IUCs and other technical seminars, where I learned a lot from a technical point of view but, above all, I met Teachers, Masters and Grand Masters who inspired me, gave me some advice and motivated me in different areas to implement my project.

Inspired and supported by my compatriots Sabum Gabriel Colina and Sabum Leo Oros Duek; from Brazil, Sabum Ricardo Ramírez; from Argentina, Sabum Fabián Izquierdo and many other people, such as my family and friends, I decided to take risks and open the Koryo Taekwon-Do ITF Brazil Institute, on May 8, 2017, in the Pinheiros neighbourhood of São Paulo, Capital, in a region of much movement of people and one block from a major underground and bus station.

The great engine of my life is to face challenges, the harder they put things, the more I dedicate myself and the more I enjoy them, and more so when it's something that I'm passionate about.

ITF TKD is a very important part of my life, surely without which I would not have had the courage, dedication, vision and determination that I've had throughout my life and that I still have. That is something I try to convey to my son Agustin (1 Dan) and that allows me to affirm how good it is to practice and incorporate TKD into people's training.

Just as I did with my son, I feel obliged to promote TKD and get it to as many people as possible, regardless of age, sex, colour, physical condition and so on. My main idea is to be able to educate practitioners, so that they become, in turn, educators able to inspire others and thus we will be more and more enjoying the infinite benefits of our art.

### **And this just starts**

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The first challenge of this great project come true is how to spread our ITF style, which is practically unknown in São Paulo, and then get my first students, in a market full of offers of modalities such as Boxing, Judo, Muay-Thai, Capoeira, Jiu Jitsu and many other disciplines.

However, I take on this new challenge with the utmost conviction that I dedicate myself professionally, following a well thought and structured work plan, offering good technical content, conveying the values and principles of TKD and working in the Dojang with the complete composition cycle that General Choi left us as a legacy. The question is not whether I will succeed, but the right question should be how long it will take to get to my first goal, to be able to move to the next challenge of the "Koryo project".

In short, I am only 57 years old, I have all my life ahead, a wonderful family that supports me, excellent friends willing to help me, a huge passion for TKD and the vision of being able to positively touch the lives of many people, who I'll meet along the way.

TAEKWON!!!!



By Sabum Nim F  
Member of the Children

DS

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Fabian Izquierdo  
Development Committee

# CLASSES FOR CHILDREN

To change OR not to change,  
that IS the question



**By: Fabián izquierdo**  
**Member of the Children's Development Committee**

More than 30 years ago, when I was an assistant instructor and was watching a children's class, I asked myself: why do we teach adults and children in the same way?

I didn't have an answer then, but I started to look for it.

Later, a student who, in addition to being a Taekwon-Do instructor, had also graduated as a Professor of Physical Education, somewhat annoyed, asked me: why do we always warm up in the same way?

And I didn't know what to answer.

As time went by, I realized that there was a connection between both questions.

Comfort or comfort zone (1), as they call it now, may be one of the reasons why we resist change.

If we think something works, why should we change?

Change implies an effort that not all of us are willing to accept and confront.

In addition, neurosciences have shown that our brain is designed, among other things, to save energy (2). As an example, we can prove that with a simple mental exercise. If we are asked to close our eyes and imagine a dawn, our brain will look

in its left hemisphere "database" for a dawn we have already known.

The brain is hardly going to imagine or create a new dawn.

Then, we discover that the comfort zone and the design of our brain are against innovation, against change, because for this we need to focus and consume energy.

The point, then, is that not changing is the same as pretending that schools should continue to teach typing (3) instead of computing.

But, on the other hand, it is impossible not to change, unless one is isolated from the world around us. And yet, I have my serious doubts about not changing.

Only a person who does not think, is not self-critical or lives in a cave, without communication or contact with the outside world, may not feel the need or the obligation to change, to adapt.

But change is a non-linear living process and we must prepare ourselves for it.

## A fright

In 2014, on the occasion of the presentation and official opening

# COMFORT ZONE

of the 11th IKC held in Montevideo, Uruguay, GM Pablo Trajtenberg began by saying: "When I see children inside the Dojang playing with balloons, balls and other types of elements I say : I do not like this! But I would really be a fool if I did not realize that, today, it is what we should do to attract, keep and educate our children."

I confess that at the beginning of his commentary, I almost suffered a heart attack.

But a few words later, my soul returned to my body, because GM Trajtenberg was one of the first to understand that the change in classes dedicated to children was an imperative must.

Our ITF TKD has a very wide range of Programs for specific education to certain age groups and it does not stop there, there are other programs in development while I write these lines, which shows that it does not stop.

And this acceptance of change as a part of growth and development

comes from the very creator of our Martial Art.

In 1993, in the living room of his house in Mississauga, Toronto, Canada, he accepted that it was necessary to begin to implement what was the first system of education specifically oriented to children. And a few weeks later, the Board then endorsed the same.

The same General Choi, the creator of Taekwon-Do.

### How do you start the change?

Sir Ken Robinson (4), in his book *Creative Schools in Relation to Being Part of the Change in Education*, said: "For this you need three forms of discernment: a critique of the current situation, a vision of how it should be and a transforming theory to pass from one to the other."

Let's think of a Taekwon-Do class for children.

It is important to think of children today, not the children who our parents or grandparents were and not even in the kind of children we were.

What aspect of the lesson would you change?

Jeroen Boschma, in his book *Einstein Generation* says about current teachers: "... if you have to compete against Wikipedia, Google and Discovery Channel, you must be very prepared" (5).

As a children instructor, do you feel that you are prepared?

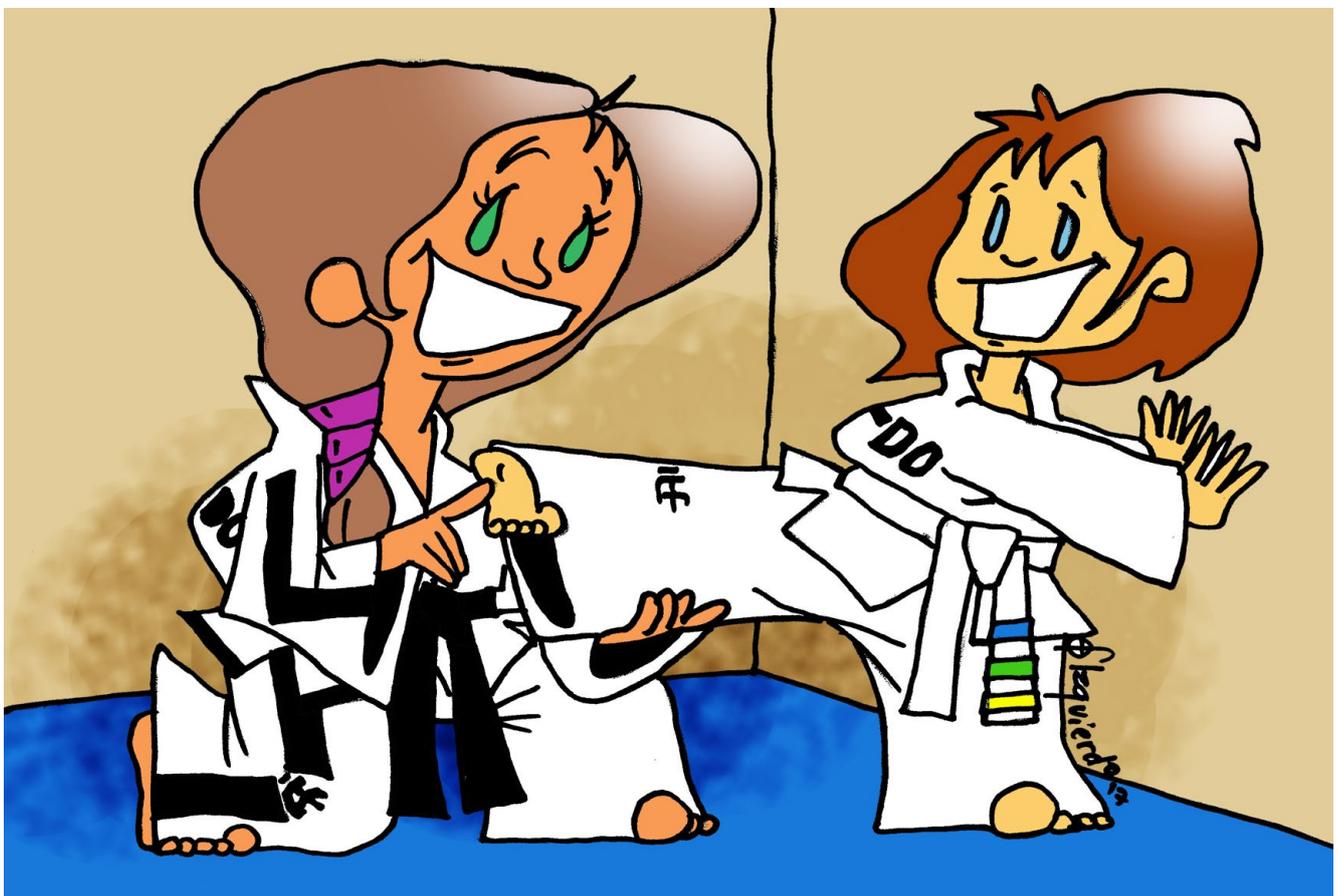
And we can go on: Is it wise to give a children class in the same way as adults? Is it possible to use the same pedagogy now as our teachers used decades ago or a few years ago? Do my children enjoy classes? Are my children students learning the way I'm teaching them? Is there another

way to teach children? Do I know it? Whatever the answers are, something is certain, not everything done is wrong, but not everything is alright.

Once I have the answers to these and other questions that may arise, let's go a little further and write, how should an ideal Taekwon-Do class dedicated to children be. Do not criticize it at this stage, just raise the idea and write down all those issues and details, however small they may seem, that would contribute to reach that ideal class, and take also into account all the necessary requirements to achieve it.

Once I have all this, I must write a plan and how to put it into practice.

However, if all this seems very unattractive, it is good to know that this long road is the one that was used to develop the ITF TKD Kids Development Program, but, also, that the studies and updates that are made are constant.



The existence of the Kids Program is nothing more than an aid, a guide, so that instructors can begin that change about which we spoke above.

So, it is necessary to understand that the Kids Program is not against the Traditional Program. It is not correct to argue that there is a dichotomy between the two, that one Program "or" the other should be applied, but the correct thing is to express that one "and" the other Program are complementary.

Following that reasoning, we can say, then, that the Kids Program is to Taekwon-Do, what kindergarten is to elementary school.

It is a preparation for what is coming.

The next thing is to rethink the classes. Children are not little adults. They are not people that we can demand the same as adults because they are in a process of psychophysical development. Or, if you prefer, we can demand them all (children and adults) alike, but we cannot expect to get the same results from everyone.

Their brain functions, their body, their mind are changing minute by minute. For this reason, it is necessary to plan the classes differently.

### My lamp went on?

In addition to having to critique the current situation of teaching TKD to children (which includes a look at ourselves), in addition to needing a plan, having the right equipment and the necessary preparation, there is still something more.

Creativity.

To be children's instructors we must be very creative. We must be able to change activities every few minutes, to solve unforeseen events, to answer questions from increasingly informed children.

And although this subject will be developed soon in another article, I will only say that it is a myth close to an excuse, to say that some people are born creative.

We can all be creative. Some more, some less. But for this, our brain must be exercised just like a muscle that we want strong, flexible and resistant.

At this point, we return again to our attitude to change and to the question: How do I start?

Well, I leave you some help.

Take a piece of paper, a pencil and write a class designed for your children students.

Leave it and take a break.

As you come back, think of two or three variants of the same class you wrote earlier..., and you will see what happens.

If you want to change and have performed the previous exercise, then you have already started doing it.



(1) According to Andrea Aguilar-Calderón (writer, journalist and philologist. She specializes in travel literature, style correction and digital communication. She has studies in Spanish Philology and Journalism with emphasis in Mass Communication), in an article published on the website *La Mente es Maravillosa*, describes the comfort zone as that mental place in which we are at ease with everything, and we do not think about changing anything in our lives. And adds: But being at ease with everything, is not necessarily good.

(2) *Ágil Mente*. Estanislao Bachrach. Editorial Sudamericana. 19th ed, October 2014. Buenos Aires, Argentina.

(3) *Dactilografía* (Typing in Spanish). From *dactilo-* and *-grafía*. 1. f. typing. Royal Spanish Academy.

(4) Expert in education, former Professor of Education at the University of Warwick (UK). *Creative Schools*. Ken Robinson with Lou Aronica. Editorial Grijalbo. 1st ed. 2015.

(5) *Generación Einstein*. Jeroen Boschma. Editorial Gestión 2000.



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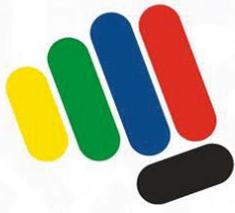
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