

Introduction to Coaching ITF Taekwon-Do Course

28th April 2010

Dear Instructor,

You are invited to attend the Introduction to Coaching ITF Taekwon-Do Course organised by the Taekwon-Do Advisory Board (TAB) of the Irish Martial Arts Commission (IMAC). This is the first step in the **TAB Coaching Ladder** that sits within the **Coaching Development Programme for Ireland**, formerly the National Coaching Development Programme (NCDP). The Coaching Development Program aims to facilitate the development of coaching and coach education for all government recognised sports in Ireland. The programme operates in partnership with Coaching Ireland, IMAC and other agencies to develop an internationally recognised coach education system.

Venue: Mulhuddart Sport Taekwon-Do Club, Mulhuddart Community Centre
Church Road, Mulhuddart, Dublin 15

Date: Saturday 10th July 2010 (12.30pm – 6.30pm)
Sunday 11th July 2010 (9.00am – 3.30pm)

Cost: €100 payable to "Taekwon-Do Advisory Board"

Dress code: Tracksuits (for classroom based modules) Dobok (for mat based modules)

The course will include 12 contact hours divided between classroom based workshops and mat based practical coaching modules. Coaches will also have to complete some distance learning and coaching tasks prior to certification.

Some of the course objectives include; develop basic coaching skills; promote awareness of the coaching process; identify key factors in working with beginners and in particular participants aged 6-8 years; develop an appreciation amongst coaches of the technical, tactical, physical, mental, lifestyle and personal capacities related to the development of children at this age.

Participants successfully completing this course will be eligible to take the **IMAC Coach Level 1** course which will be run by the Taekwon-Do Advisory Board in 2011.

To reserve your place please complete the attached booking form and forward it with a cheque or bank draft for €100 to: Donal O'Donoghue, Taekwon-Do Advisory Board, Unit 10 MGB, Base Enterprise Centre, Damastown, Dublin 15.

Any questions please contact me by email donal@dublin-ITF.com or call me directly on 087-355 4196.

Yours sincerely,



Donal O'Donoghue
Secretary General
Taekwon-Do Advisory Board

Introduction to Coaching ITF Taekwon-Do Course

Registration Form

Name: _____

Address: _____

Telephone: _____ Email: _____

Taekwon-Do School: _____ Association: _____

Current Grade: _____ Date Achieved: _____

Please provide a brief outline of your coaching experience:

(how many years teaching, number of students, age and gender profile of students etc.)

Please forward this form with the registration fee of €100 payable to “Taekwon-Do Advisory Board” to:

Donal O'Donoghue
Taekwon-Do Advisory Board
Unit 10 MGB
Base Enterprise Centre
Damastown
Dublin 15