

## **BC Taekwondo Canadian Sport for Life Implementation Plan**

### **Introduction**

Canadian Sport for Life (CS4L) is a National movement developed to help change and improve the Canadian Sport System. The CS4L works by increasing the recognition of sport and its contribution in Canadian society as an important part of everyone's life by promoting each child's healthy and logical development in a sport or physical activity. The CS4L Long Term Athlete Development model (LTAD) focuses on the general framework of athlete development with special reference to growth, maturation and development, trainability, and sport system alignment and integration.

The Olympic sport of Taekwondo is continuously growing in terms of club memberships, participants and competitive as well as non-competitive athletes. The sport of Taekwondo welcomes members at almost any age. Individuals can start as young as 3 years old and may run well into adulthood.

This document outlines the actions BC Taekwondo will undertake to implement the Canadian Sport for Life – Long Term Athlete Development. By examining resources and gaps, strengths and weaknesses, BC Taekwondo has developed several objectives for LTAD implementation. For each objective, we outline a series of action plans, with priority, scope and timelines.

### **Sport Specific Model**

Taekwondo Canada developed its sport-specific LTAD model (Taekwondo for Life) in 2007. After an initial survey was conducted, results were compiled to create the Taekwondo for Life LTAD model matrix, which outlines the movement skills, competition structure, planning, physical development, etc. athletes will face as they develop in the sport of Taekwondo.



## Objectives

The objectives of the CS4L implementation plans in BC are to:

1. Inform the BC Taekwondo Community (coaches, parents, club administrators and Board members, teachers, community leaders) of the LTAD, its mandate, purpose and goals
2. Educate the BC Taekwondo Community about Physical Literacy within the sport of Taekwondo
3. Improve training for coaches delivering Training to Train and Training to Compete programs
4. Re-design the competition calendar to reflect appropriate frequency and progression for each LTAD stage
5. Increase the maintenance of athletes participating after Training to Train or Train to Compete stages
6. Increase opportunities for participation of athletes with disabilities through instructor education, specific programming information and demonstration events
7. Maintain geographical distribution of athletes practicing Taekwondo across British Columbia
8. Continue to improve and strengthen the quality of programs offered by clubs.

In order to meet these objectives, BC Taekwondo has set in place several initiatives that will lead to the progressive development of the CS4L Implementation plan. The following tables further develop these objectives into an action plan, indicating scope and timelines.

## Information and Resources

LTAD information will be circulated to BC Taekwondo members as it is important to encourage these concepts. We will educate our members about LTAD through presentations, promotional materials, and online resources.

Priority	Action Plan	Scope	Timeline
1	CS4L Implementation Plan made available online on the BC TKD Government Programs website.	Club members, BC coaches, athletes, parents, schools, communities, etc.	March 2011
2	Add links on the BC TKD Government Programs website to LTAD information and CS4L website.	Club members, BC coaches, athletes, parents, schools, communities, etc.	March 2011
3	Develop an Introduction to LTAD package which will be made available online on the BC TKD Government Programs website.	Club members, BC coaches, athletes, parents, schools, communities, etc.	April 2011

### Coaching Education

BC Taekwondo is producing some of our Nations most promising high performance athletes. To meet this need, BC Taekwondo will work towards increasing the number of trained coaches by providing support for those wishing to upgrade their NCCP coaching certification to meet the guidelines of coaching athletes in the Training to Train and Training to Compete stages of the LTAD. We will update information on courses so all eligible coaches are informed about the sessions in advance and can plan accordingly.

Priority	Action Plan	Scope	Timeline
1	Provide information and links to the Coaches Association of British Columbia website regarding Course schedules and registration.	Clubs, BC coaches, athletes and parents	April 2011 and ongoing
2	Develop a support plan for coaches wishing to upgrade their NCCP certification to meet recommendation guidelines for coaching athletes in T2T and T2C stages.	BC coaches seeking NCCP Competition-Intro Part A or B or NCCP Competition-Development certification	April/May 2011

### Physical Literacy Education

The development of fundamental movement skills in Taekwondo is essential for laying a strong basic foundation. By building on these fundamental movements, more complex ones take shape and in combination produce the core for mastering the Art and sport of Taekwondo. BC Taekwondo plans to increase education of physical literacy in the context of our sport and provide tips on how to teach and promote these fundamental movement skills.

Priority	Action Plan	Scope	Timeline
1	Develop a Physical Literacy newsletter which will focus on 1 or 2 fundamental movement skills in Taekwondo. The newsletter will include tips on how to teach and develop those particular fundamental movements.	Club members, BC coaches, athletes, parents, schools, communities, etc.	June 2011
2	Provide monthly Physical Literacy newsletters to member clubs and community schools	Member clubs and community schools	June 2011 and ongoing

### Competition Calendar

The BC Taekwondo Federation acknowledges that within our current competition calendar, there lacks an awareness of which LTAD stage(s) each competition targets. Our initial steps include assigning LTAD stage(s) to BC Taekwondo sanctioned events which will be posted on our website under the Events Calendar. Further steps will also include assigning LTAD stage(s) to member clubs organizing competition events.

Priority	Action Plan	Scope	Timeline
1	Add LTAD stages to BC Taekwondo sanctioned events. Information will be posted online under Events Calendar.	Member clubs, athletes, coaches and parents.	May 2011
2	Ask clubs to specify which stage(s) their event targets on hosting application.	Member clubs	May 2011 and ongoing
3	Discuss changes to the calendar at board committee meetings.	Board of directors, provincial coaches	September 2011 and re-assessed in 2012
4	Explain the rationale for changes to athletes and parents. Educate clubs, parents, coaches on appropriate competitions (which, and how many).	Athletes and parents	November 2011 and in 2012 after re-assessment.



### Maintenance of Athlete Participation

It is often the case where we see a drop off in both competitive and general participation after the Training to Compete or Learn to Win stages of the LTAD. BC Taekwondo will continue to work to develop and implement strategies to engage athletes by adding more variety and options to remain Active for Life in the sport in other areas other than competition.

Priority	Action Plan	Scope	Timeline
1	Promote BC Referees and Officials development, through participation in Referee Workshops, certification, camps, etc.	Member clubs, athletes, coaches.	Ongoing
2	Develop support plans for the implementation of quality Referee Training and Workshops	Member clubs, athletes, coaches.	Ongoing
3	Individual PSO schools will promote Active for Life stages, specifically adult students in participation in Martial Arts, self-defense and demonstration through programming within their own school setting.	Member clubs, athletes, coaches.	Ongoing
4	BC Taekwondo will host Poomse Seminars to develop athletes and instructors interested the Martial Arts (artistic) discipline.	Member clubs, athletes, instructors with BC Taekwondo membership.	Summer 2011

### Increasing Participation of Athletes with Disabilities

Our goal as a PSO is to increase awareness of athletes with disabilities and provide information on available programming. We will also work toward educating Taekwondo instructors on teaching skills and providing opportunity for athletes with disabilities to participate in demonstration performances at BC Taekwondo sanctioned events.

Priority	Action Plan	Scope	Timeline
1	Increasing public awareness of athletes with disabilities by providing links to disability information, martial arts programs, etc.	Club members, coaches, instructors, athletes, parents, schools, communities, etc.	April 2011
2	Developing a demonstration team for athletes with disabilities to perform at BC Taekwondo sanctioned events during opening ceremonies	Athletes with disabilities.	Ongoing
3	Present information seminars to educate instructors in teaching athletes with disabilities	Instructors, coaches of athletes with disabilities.	Ongoing

### Geographical Distribution across British Columbia

BC Taekwondo will work towards maintaining geographical distribution of athletes participating in the sport, particularly in Vancouver Island and the BC Interior.

Priority	Action Plan	Scope	Timeline
1	Encourage athlete participation by promoting Vancouver Island and BC Interior competition events on the BC Taekwondo website.	Member clubs, athletes, coaches.	March 2011 and ongoing
2	Host Referee Seminars and Workshops in Group B (Vancouver Island) and Group C (BC Interior) locations	Member clubs, athletes, coaches.	May 2011 and ongoing

### Conclusion

This BC Taekwondo LTAD implementation plan was created based on the CS4L national framework and the Taekwondo Canada Taekwondo for Life LTAD model. This plan was developed to address specific challenges the sport faces in BC, while aligning programs and services with LTAD principles. BC Taekwondo will continue to educate our members about LTAD through presentations and online resources.



**Appendices** (reference from the Taekwondo Canada LTAD Matrix)

**Appendix 1. Dates of minimum legislation for Taekwondo Instructors and Coaches**

NCCP Context	Status	Requisites	Validity	LTAD STAGE	Program Standards	Year Initiated
<b>Assistant Instructor (Inst-Beg)</b>	Trained	Red belt	3 Years	Active Start, Fundamental s, Active For Life,	Novice Learners Child or Adult	2009
	Certified		Maintain		Martial Arts Focus Regional Competitions	2010
<b>Coach (Comp-Int)</b>	Trained	Asst Instructor Certified Black Belt	3 Years	AS, FUN, L2T, T2T, AFL	Club or School based Coaches Martial Art Teacher and Coach at Regional and Provincial Competitions	2010
	Certified	Asst Instructor Certified 2 <sup>nd</sup> Dan	Maintain			2011
<b>Performance Coach (Comp-Dev)</b>	Trained	Instructor Certified 2 <sup>nd</sup> Dan	2 Years	T2T, T2C, L2W	Coaches at National Championships, or National or International Competitions, Personal Coaches of Carded / National Team athletes	2011
	Certified	Instructor Certified 3 <sup>rd</sup> Dan	Maintain			2012
<b>Olympic Coach (Comp-HP)</b>	Certified	3 <sup>rd</sup> Dan	Maintain	L2W, T2W	Olympic, National Team Coaches	2013

## Appendix 2. Taekwondo Skill Matrix

Stage	Active Start			Fundamentals				Learn to Train			Train to Train				Train to Compete			Learn to Win		Train to Win		Active For Life
Male Age	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18+	18 -21+		> 21		All Ages	
Female Age		3	4	5	6	7	8	9	10	11	12	13	14	15	16	17+	17 – 21+		> 19			
Training Age (Years in Taekwondo)	0-3 Years			0-4 Years				2-6 Years			4-8 Years			6-12 Years			8-14 Yrs		10-18 Yrs		Varies	
NCCP Contexts	Assistant Instructor Instructor – Beginners							Instructor Competition Introduction							Performance Coach – Comp-Dev Olympic Coach - Comp - HP							
Benchmarks	Colour belt			Colour Belt				Black Belt / 1 <sup>st</sup> poom Nat Championships			Provincial Champion National Jr Team			National Champion Carding			Personal Best Internationally		Podium		Personal Best	
Emphasis	Fun activity			Fun and Discipline				Learning the game			Playing the Game			Competing			Performing		Defeating		Fun and Learning	
Philosophy	Start dreaming			Dream to have fun				Dream to Learn			Dream to Train			Dream to compete			Dream to win		Realize Dreams		Dream	
Behavior	Simple dojang rules Introduce good etiquette			Safety Learn to Listen				Safety Self Control and respect			Self confidence and respect			Hard work / discipline and commitment			Believe in ability		Perform on demand		Commitment and Self control	
Technical Emphasis	Basic / Stances / Punches / Kick			Basic Stances / Punches / Kicks				Defensive Skills: Safe / Block / Counter Attacking Skills: Targeting (Single and Multiple)			Consolidate skills and develop advanced skills			Expand repertoire of all combative techniques			Refine basic and advanced technique.		Refine all techniques		Varies	
Tactical Emphasis	None			Simple attack and defense strategies				Timing and Distance Strategies for attack and defense			Game Management Develop individual style			Expand repertoire of Strategies Enhance individual styles			Specialization in attack and defense strategies		Refine winning strategies		Varies	
Physical Emphasis	Motor Skill (ABC's) Movement Skills (Run / Jump)			Motor Skills – ABC - Reaction time. Movement Skills (Twist / Run / Jump)				Flexibility Introduce Speed Stamina ♀ Monitor Growth			Speed Stamina (♂ & ♀) Introduce Strength Monitor Growth			Optimize Fitness Strength			Optimize		Optimize			
Windows of Trainability	←←Suppleness→→      ←←Speed 1→→      ←←Skills→→      ←←Stamina→→      ←←Speed 2→→      ←←Strength→→→→      ←←Optimize / Refine→→																					
Mental Emphasis	Listen			Focus Understand rules of dojang				Concentration Understand rules of game			Develop basic mental skills			Emphasize mental skills			Develop mental toughness		Mental confidence		Concentrate	
Competition Level	None			Club				Club and Regional			Regional and Provincial			National			International		International		Club, regional, National	



### Appendix 3. Planning Considerations

Stage		Active Start			Fundamentals				Learn to Train			Train to Train			Train to Compete			Learn to Win	Train to Win	Active For Life
Male Age		3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18+	18 -21+	> 21	All Ages
Female Age			3	4	5	6	7	8	9	10	11	12	13	14	15	16	17+	17 – 21+	> 19	
Training Age (Years in Taekwondo)		0-3 Years			0-4 Years				2-6 Years			4-8 Years			6-12 Years			8-14 Yrs	10-18 Yrs	Varies
NCCP Contexts		Assistant Instructor Instructor – Beginners							Instructor Competition Introduction					Performance Coach – Comp-Dev Olympic Coach - Comp - HP					Instructor Comp-Int	
TKD Sport %		10			25				55			80			90			95	95	15
TKD Martial Art %		90			75				45			20			10			5	5	85
Emphasis	Skill %	35							40			35			35			30	30	30
	Stamina %	10							10			15			20			20	20	15
	Speed %	15							15			15			15			20	25	10
	Strength %	10							10			15			20			20	20	15
	Suppleness %	30							25			20			10			10	5	30
Skill Emphasis	ABC %	35							20			10			5			5	5	20
	Stances/Steps	15							15			15			15			15	15	20
	Blocking %	10							10			5			5			5	5	10
	Hand Strikes %	10							5			5			5			5	5	10
	Foot Strikes %	20							30			40			30			25	20	25
	Attack & Defense %	10							20			25			40			45	50	15
Practices / week – TKD specific		1 – 2			2 - 3				2 – 3			3 - 4			4 – 6			6 - 8	8 - 10	2 – 3
Practice Length TKD Specific		30 - 45 minutes			45 - 60 minutes				60 - 75 minutes			75 - 100 minutes			90 – 120 minutes			100-150 minutes	100-150 minutes	75-100 minutes
Practices / week Str & Cd / other		Engage in a variety of other activities for enjoyment 3-5 times / week										1-2 + other activity			2-3			3-4	3-4	Other activities for enjoyment
Practice Length Str & Cd / other		30-75 minutes										<90 min + other activity			<90 min			<90 min	<90 min	
Volume / Week TKD		40-75 minutes			1.5 - 3 Hours				2 - 3.75 Hours			3.75 – 6.6 Hours			6 – 12 Hours			10-20 Hours	13.3-25 Hours	2.5 – 5 Hours
Avg Total Volume / week (all activity)		4.5 hrs			6 hours				7.5 hours			10 hours			12.5 hours			19 hours	23 hours	9 hours
Fights / Year		0-6			6-10				8-15			10-20			15-25			20-30	26-36	0-15
Physical Testing																				
Belt Testing																				

#### Appendix 4. Ancillary Factors

Stage		Active Start			Fundamentals				Learn to Train			Train to Train				Train to Compete			Learn to Win		Train to Win		Active For Life		
Male Age		3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18+	18 -21+		> 21		All Ages			
Female Age			3	4	5	6	7	8	9	10	11	12	13	14	15	16	17+	17 – 21+		> 19					
Training Age (Years in Taekwondo)		0-3 Years			0-4 Years				2-6 Years			4-8 Years				6-12 Years			8-14 Yrs		10-18 Yrs		Varies		
NCCP Contexts		Assistant Instructor Instructor – Beginners							Instructor Competition Introduction							Performance Coach – Comp-Dev Olympic Coach - Comp - HP									
Mental	Goal Setting %	10			10				25%			10 - L				20%			20		20				
	Visualization %	5			15				25%			25 - H				20%			20		20				
	Concentration Strategies %	50			40				10%			25 - H				20%			20		20				
	Decision Making %	10			15				35%			25 - H				20%			20		20				
	Arousal Control%	25			20				5%			15 - M				20%			20		20				
Competition Environments		NA			NA				LOCAL/DOMESTIC/ PROVINCIAL			Regional Provincial National International				Varies			Provincial National International		Provincial National International				
Competition Goals		NA			NA				FUN & DEVELOPMENT			Competitions for training purposes or development  Provincial : Top 5 National: Top 8 International: Experience				Compete for Development and win			Development - win		WIN				
Competition Types		NA			NA				POOMSE/ SPARRING			Competitions for training purposes or development  Poom A : 14-16 year old : National & International				National & carding team trails			Provincial National – olympic division international open - Pan Am - Olympic - world cup -world championship -pan am games-olympic world qualification – olympic regional qualification- Pan am games qualification			Provincial National – olympic division international open - Pan Am - Olympic - world cup -world championship -pan am games-olympic world qualification – olympic regional qualification- Pan am games qualification			
Camp – Location		NA			NA				CLUB			Poom A : 14-16 Year old: National and/or International.				Local, Provincial, & National.			National international		National international				
Camp – Type		NA			NA				Physical Conditioning & Competition Development			Poom A : 14-16 Year old: 1) Acquisition (a new technic) and/or Consolidation Camp  2) Fitness camps				Provincial camps National Camps Int' camps			Evaluation –skill learning		Evaluation –skill learning				

				3) Up to date information Technics, etc ...)				
Other sports	NA	NA	SOCCER, BASKETBALL	While Transition time (4 to 9 weeks ... summer)	Running/Soccer/Ping Ping/basketball, bicycling	Soccer basket ball	Soccer basket ball	
Schooling / Career	Pre-school	Elementary or primary school. Significant stage for peer development	Major transition from primary to Middle school. School program requires greater student responsibility and accountability Curriculum or instruction based on subject areas	Second transition to new educational environment School program is student directed. Need to balance sport with academic success. Academic support should be introduced	Student may stop school, up-grade existing education, enter a trade, go to college or enter university. Need for Academic Support is essential	Continue academic education through post-secondary study. Support athlete for career beyond the game.		
Nutrition	Develop good Nutritional Habits. Encourage eating a well balanced diet		Monitor dietary intake. Increase % protein for regeneration within a balanced diet.		Monitor dietary intake. Dietary supplementation may be beneficial for physiological adaptations under training conditions. Identify strategies to control diet during off-season to maintain optimal body weight			
Sleep / Rest	Develop good sleep habits. Encourage 3+ hours of sleep prior to midnight. Overall minimum of 8+ hours of sleep / night		Maintain sleep habits 2+ hours of sleep prior to midnight. Average 8 hours of sleep / night		Monitor sleep habits Target 10:30 pm sleep time Encourage naps during the day			
Hydration	Develop good hydration habits. Encourage drinking water prior to, during and after taekwondo practices		Monitor hydration Implement water bottle ethic where students bring their own water bottle to practice		Monitor hydration Consider supplementing hydration with recovery drinks. Encourage continual hydration throughout the day.			
Recovery			SLEEP, NUTRITION	Anything that the athlete can recover Physically and Psychologist : Sleep and relaxation (activity that the athlete will like and enjoy. It could be alone ... up to the athlete ... Psychologist : Coach / parent Nutrition Relax in a pool ... even hot bath ...	Massage/Mediation Sleep/nutrition	Physiologist Nutrition Massage hydrotherapy	Physiologist Nutrition Massage hydrotherapy	
Social			INTERACTIVE, FUN	Activity that the athlete will like and enjoy. It could be theater, movie, music, family, friends, etc ... It could be alone ... up to the athlete ...	Movie, Shopping, Game night, team building	Positive	positive	
Parental Support			FULL	If possible be there (one or b	Financial support. Understanding needs Encouragement Moral Support	Positive	positive	