

## Sports TKD

Wrights Rd Community Centre

Cnr Wrights Rd & Harrington Ave, Kellyville

FRIDAY - 7pm&ndash;9pm

In general, our tournament training sessions will consist of the following aspects:

- Warm Up and Stretching
- Fitness
- Footwork Training
- Pad Work
- Sparring
- Cool Down and Stretching

## A Better Understanding of Tournament Training

Tournament Training lessons are designed to further advance the students who are interested in Taekwondo Olympic Style Sparring.

Sparring in Taekwondo is not merely knowing a set of techniques. There are many aspects of Taekwondo sparring in which students must be proficient in, if they wish to be successful Taekwondo competitors.

### Aspects of Taekwondo Sparring:

- Techniques &ndash; this involves knowing and applying different techniques, attack and defence, and how they fit in with one another. It also involves knowing which techniques are most successful, given a certain situation. Students will be introduced to many different techniques, [which allows an opportunity to discover for themselves what is effective in their own individualised sparring game]. [Scissor, Paper, Rock Analogy]
- Fitness &ndash; fitness in sparring includes aspects of Power, Endurance and Flexibility.
- Power - in order to score in Taekwondo Sparring, techniques must be delivered with sufficient power to the target areas. Power is Speed multiplied by Force. Because Speed is a huge aspect of Taekwondo sparring, the majority of power is derived from the speed in the technique, as opposed to force or strength, which although may result in adequate power, it will be too slow to hit a live and moving target.
- Endurance - an athlete can have perfect technique, but as fatigue settles in, it becomes increasingly difficult to perform techniques with as much accuracy and power. Fatigue will also affect the athletes' concentration, and thus affect reaction time and strategy.
- Flexibility - Taekwondo techniques demand a wide range of movement. Increasing flexibility allows for a wider range of movement, and also allows techniques to be delivered with greater ease. It also helps in injury prevention.
- Distance Control &ndash; perhaps the most important aspect of sparring, and by far the most understated. Effective distance control allows one to score whilst neutralising the opponents' actions. Distance control is developed through a thorough awareness of ones physical attributes, i.e. length of legs, an understanding of different opponent's physical attribute, i.e. taller or shorter opponents, and proficient footwork.
- Timing &ndash; when facing a live opponent, very little opportunities are going to be presented and taken with ease. Remember, a live opponent also wants to win, and is doing everything in his/her power to prevent losing. Very rarely is an opponent going to let you score. Effective timing is identifying opportunities to score, and taking them through delivering the appropriate techniques with adequate power and precision.
- Co-ordination &ndash; co-ordination of the body is extremely important. When moving, effective co-ordination will allow ease of movement, with appropriate balance, effectively positioning the body for attacking or counter-attacking.
- Emotional Control &ndash; in any sport a successful competitor is one in which has not only outstanding physical ability, but also outstanding mental ability. An athlete can have the best techniques, fitness, distance control, timing and co-ordination, but without control over emotions, it all comes to nothing. All athletes feel the same emotions under certain situations and pressures, but it's the successful ones who know how to channel those emotions into an energy that is productive to their cause, to score against the opponent. The correct level of arousal in sparring is difficult to achieve. How to be relaxed, yet aggressive, how to be calm yet explosive. This can only be learnt through personal experience.
- Strategy &ndash; during a sparring match, it is always better to have a game plan, on how the athlete will go about

fighting & their fight. Generally during the match, the athlete is required to assess their opponents fighting style, i.e. strengths, weaknesses, habits, etc, and formulate an effective strategy that will disrupt their opponent's game plan in order to push the pace and gain the upper hand. Formulating strategies however requires a great understanding of oneself, and the many techniques and strategies that are effective in Taekwondo sparring. It also must allow for the unexpected.

All the above aspects will be addressed in the tournament training lessons. The lessons have been specifically designed to allow students to peak, come competition time. Tournament Sparring Training does require a high level of understanding of the basics in Taekwondo.

It is therefore required that students who attend tournament training hold a minimum of a yellow belt and are above the age of 5. It is also required that students bring their own equipment, ie. leg and arm pads, mouth guards, head gear, towel, water etc.

If you have any questions in relation to tournament training & please do not hesitate to contact Di on 1300 788 550 or send us an email.

We look forward to seeing every student give it there best and get in there and have a go at Tournament Training.