



# HP Bulletin – December 2019

## General Information

Each month, TC will post High performance updates on its website. The objective is to keep members informed on past events (or projects) and give an overview of what's coming up! This will be a great way to keep communication clear & possibly answer questions members might have.

The content of this Bulletin is just informative and open to comments. Please send your comments to [gthibault@taekwondo-canada.com](mailto:gthibault@taekwondo-canada.com). Final decisions will be announced in a subsequent bulletin.

## High Performance Committee (HPC):

TC is opening a Call for Applications to be a member on the HPC. This committee will be an Operational Committee. Members may have a low to moderate conflict of interest. Committee will be composed of:

- 3 coaches Reps (one of them being a female coach, one of them speaking French)
- 2 athletes Reps (retired athletes, one per gender, one of them speaking French)
- 1 additional member (referee or event manager)
- High Performance Director (HPD)

The role of the committee will be an advisory role for the HPD. Final decision will be made by the HPD. For those interested to be part of the HPC, please submit your interest to my email address by January 1<sup>st</sup>, 2020.

## Proposed Senior National Ranking:

Starting January 1<sup>st</sup> 2020, senior athletes can earn points to be used for National rankings. Through the 2020 season, a senior national ranking (for each division) will be put together and will be used from the start of the 2021 season (Jan. 1<sup>st</sup> 2021). Then, rankings will be updated periodically using points earned in the last 3 events an athlete has participated in. From the 2021 season, the latest National rankings can be used for selecting Teams to international events. (Note: only points earned at senior events will count toward this ranking)

### I) 2 separate National rankings will be done:

1. **World Weight Divisions:** Includes all 8 senior male & female WT weight class
2. **Olympic Weight Divisions** (includes ONLY the following weight classes):  
**F-49kg, F-57kg, F-67kg, F+73kg, M-58kg, M-68kg, M-80kg, M+87kg**

### II) Competitions used to earn points:

1. TC Senior Nationals
2. Canada Open (G-1)
3. US Open (G-2) or President Cup (G-2): (best of the 2 will be used)

### III) Point system:

1. For World Weight Divisions: as per table below
2. For Olympic Weight Divisions: Points earned in the Olympic Weight Divisions stated above will count as per the table below. Points earned in the lower of the combined Olympic Weight Divisions (eg F-46, F-53, F-62, M-54, M-63, M-74) will be devaluated by 50%.

## Point System table:

Final Ranking	Sr. Nationals	Final Ranking	Canada Open	Final Ranking	US Open or President Cup
1	250	1	160	1	200
2	200	2	120	2	160
3	160	3	80	3	120
4	120	5	50	5	80
5	90	9	25	9	50
7	60	17	10	17	25
9	40	33	5	33	10
13	20				
17	10				

»Points from the previous 3 meets will count for updated National Rankings

»National Ranking System subject to modification depending on feedbacks / WT schedule changes. Such modifications would be announced ahead of time in a subsequent bulletin.

## **Proposed 2020 Funding Model for TC 2020** **Funded Events:**

Starting April 1<sup>st</sup> 2020, funding for events supported by TC will be based on the following criteria:

- **Readiness to Compete:** A specific \$ amount (TBD) will be provided to athletes that can show they are physically fit (according to testing protocol) prior to leaving to the event funded.
- **Results at the event:** TC will offer a basic funding to all athletes & coaches for their participation to a TC supported event. TC will also provide additional funding based on results at the event.

Athletes selected to an international event will have the possibility to get extra funding if they meet the minimum fitness criteria establish for the event (criteria TBD). These test results will need to be obtained within 6 weeks of the selected event (in any Sport Institute in Canada).

In case of international training camps, only Readiness to Compete will be used for funding purposes. More details on how Readiness to Compete will be assessed to come in a future Bulletin.

This funding model will be dependant of the money (\$) available in the 2020-2021 HP budget. More details will be provided once 2020-21 budgets are approved.

## Proposed Testing Protocol:

Following a long process in which Sport Science Experts (biomechanics, engineers, physiologists, IT specialist), a protocol of tests adapted to Taekwondo athletes was developed. The main requirement asked (to the group of experts) was that these tests would be accessible at any Canadian Sport Institute and would be pertinent to performance for a Taekwondo athlete. Our goal is that every National Team athlete is tested at least once every year. The following table is what has been proposed:

Test	Quality	Result	Duration
Anthropometric Evaluation	Anthropometry	Height, Weight, sum of plies (ISAK), length of lower members (legs)	15 à 20 minutes per athlete
Y-balance Test	Dynamic Balance	Measures (in cm) in each direction; score composite	5 min per athlete
CMJ; bilateral et unilateral	Power of Lower Members	Height of jump Power (if done on force plate)	5-10 min per athlete
Triple Jump unilateral	Power of Lower Members, plyometric capacity	Length (meter)	5 min per athlete
Strength-Speed Profile <i>bench press, bench pull &amp; trap bar (hexagonal)</i>	- Max Power - Max Strength - Strength-Speed	- Max Power - 1 RM estimated - Optimal Load	30 to 45 min per athlete
Wingate 30 sec	Anaerobic Power & Capacity	- Max Power - Relative Power - Fatigue index	7 min per athlete
Léger-Navette	Aerobic Power	- VO <sub>2</sub> max estimated - Distance run (meter)	15-20 minutes

*\*Special thanks to Sylvain Gaudet & Simon Deguire for their expertise and time putting together this protocol*

### Références :

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<https://doi.org/10.2165/00007256-200838010-00004>
- Bridge, C. A., Ferreira da Silva Santos, J., Chaabène, H., Pieter, W., & Franchini, E. (2014). Physical and Physiological Profiles of Taekwondo Athletes. *Sports Medicine*, 44(6), 713–733. <https://doi.org/10.1007/s40279-014-0159-9>
- Chaabene, H., Negra, Y., Capranica, L., Bouguezzi, R., Hachana, Y., Rouahi, M.A., et al. (2018) Validity and reliability of a new test of planned agility in elite taekwondo athletes. *J. Strength Cond. Res.*, 32 (9), 2542-2547. <https://doi.org/10.1519/JSC.0000000000002325>
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- Marković, G., Misigoj-Duraković, M., & Trninić, S. (2005). Fitness profile of elite Croatian female taekwondo athletes. *Collegium Antropologicum*, 29(1), 93–99.
- Sterkowicz, S. & Franchini, E. (2015) Testing motor fitness in karate. *Budo*, 5, 29-34.

## Proposed National Team Designation:

**A. Starting January 1<sup>st</sup> 2021, senior athletes that are ranked 1<sup>st</sup> in the 2020 National Rankings will be named **National Team Members for 2021.****

National Team athletes will be eligible for:

- I) National Team Apparel\* / Uniforms
- II) Testing / Monitoring
- III) Funding\*\* for Training camps
- IV) Funding\*\* for Specific events / competitions
- V) Biography on TC website

**B. Junior athletes that will come 1<sup>st</sup> at the 2020 Junior National Championships will be named **Junior National Team Members for 2021.****

They will be eligible for:

- I) Junior National Team Apparel\* / Uniforms
- II) Testing / Monitoring
- III) Funding\*\* to one training camp
- IV) Funding\*\* to one competition
- V) Biography on TC website

**C. Cadet athletes that will come 1<sup>st</sup> at the Cadet national Championships will be named **Cadet National Champion.**** They will be eligible for:

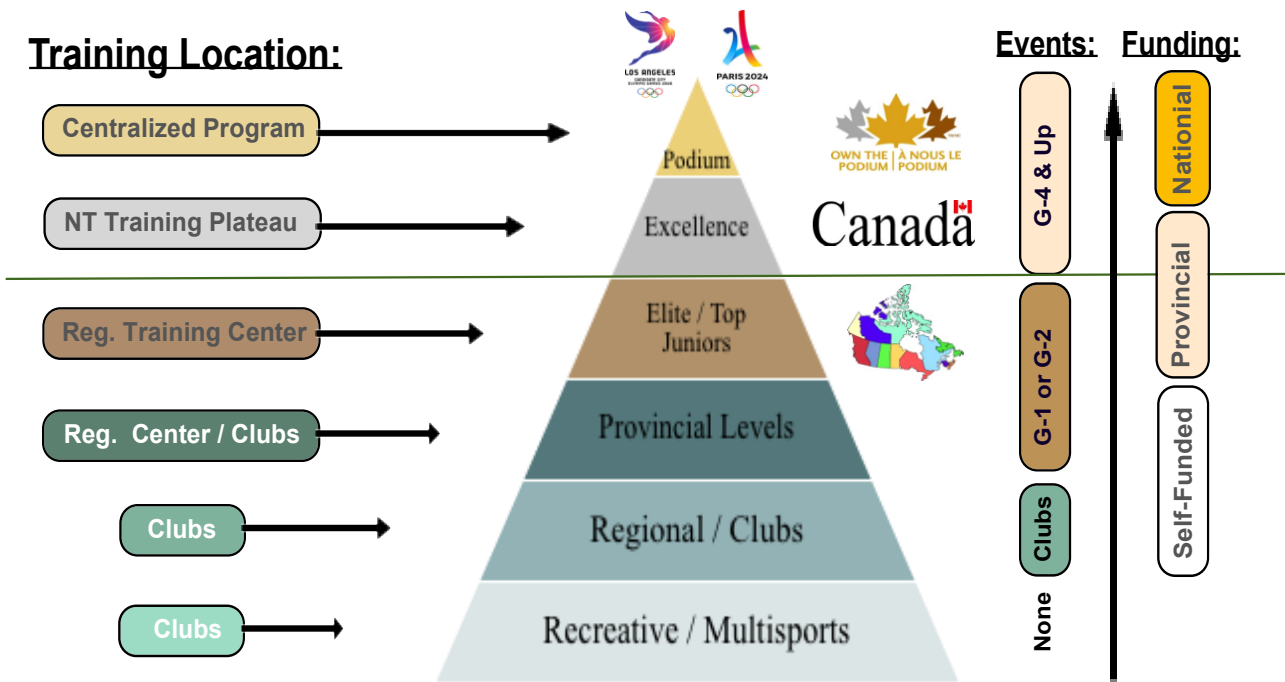
- I) Cadet National Champion Jacket\*
- II) Invited to a training camp
- III) Biography on TC website
- IV) Complimentary entry to the next Canada Open

*\*Apparel package will depend of sponsorship deals signed for 2020 season*

*\*\*Note that funding can be partial or full depending of budgets available*



## Development Model: Taekwondo Canada



## Model Explanation:

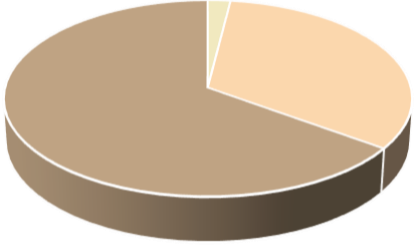
This model corresponds to the standards of our funding partners (Sport Canada, COC & OTP) and is applied by many other NGB's. Although TC doesn't have (yet) training Plateaux / Regional training centers or a Centralized Program, the model represent what TC is aspiring to do in the next 6-8 years.

TC is receiving the major part of its HP funding through Sport Canada. This funding is targeting mainly our top-level athletes (as per Model above).

This means that:

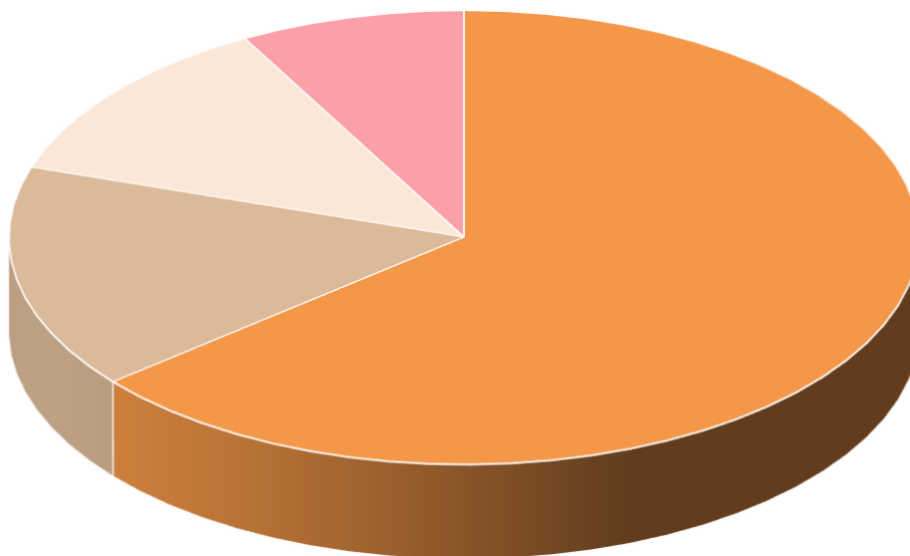
- Local or provincial events are the financial responsibility of the athlete / Club
- G1 & G2 events are the financial responsibility of the athletes or the Provincial Sport Organisations (PSO's)
- TC's targeted events for financial support are G4 & up (including camps that G4 athletes might participate to)
- Own the Podium (OTP) funding is purely directed to athletes that are considered medal contenders for coming up Olympic Games.

## 2020 Funding Specifications:

Athletes	Projects	Type	Funding Allocation
CADETS	Competitions	Self	
	Camps	Self	
	Testing / Monitoring	None	
	Apparels	Basic	
JUNIORS	Competitions	Partial	
	Camps	Partial-full	
	Testing / Monitoring	Partial	
	Apparels	Partial	
SENIORS	Competitions	Partial	
	Camps	Partial-full	
	Testing / Monitoring	Partial-full	
	Apparels	Partial-full	

■ Cadets ■ Juniors ■ Seniors

## 2020-21 HP Funding Repartition:



■ Kyorugi ■ Poomsae ■ Para ■ OTP