

## Notice Regarding Additional Requirements for all Cadet and Junior Participants at the Taekwondo Canada Kyorugi National Championships

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With the COVID-19 pandemic restrictions easing, the return of international competition, and the prospect of having the global pandemic declared over we are working towards providing safe competitive opportunities for the qualified Cadet and Junior athletes. Considering the lack of opportunities for competitions over the past two years within these age groups, Taekwondo Canada will be implementing an additional process for the Cadet and Junior athletes that meet the 2022 Cadet Kyorugi National Team Selection Criteria ([https://taekwondo-canada.com/wp-content/uploads/2022/02/2022-Cadet-Kyorugi-Selection-Criteria\\_Updated-February-9-2022.pdf](https://taekwondo-canada.com/wp-content/uploads/2022/02/2022-Cadet-Kyorugi-Selection-Criteria_Updated-February-9-2022.pdf)) or the 2022 Junior Kyorugi National Team Selection Criteria ([https://taekwondo-canada.com/wp-content/uploads/2022/02/2022-Junior-Kyorugi-Selection-Criteria\\_Updated-February-9-2022.pdf](https://taekwondo-canada.com/wp-content/uploads/2022/02/2022-Junior-Kyorugi-Selection-Criteria_Updated-February-9-2022.pdf)) and are intending to compete at the Pan American and/or World Championships later this year.

All Cadet and Junior athletes that earn qualification for their respective Pan American and/or World Championships teams will be required to submit a training and preparation plan to Taekwondo Canada prior to team nomination. This plan must outline the training and competition opportunities that the athlete will go through in preparation to attend these international events. This is to ensure that each participant has a plan in place that will expose them to the appropriate fighting opportunities in order to help to prepare them for the level of competition they will experience at these events. With a general lack of competitions over the past couple of years, we want to make sure that each athlete is taking the necessary steps to help them develop the appropriate experiences in order to compete at an international event and reduce the relative risk of injury.

We are implementing this additional measure as a means to support our developing athletes, not restrict their ability to compete at events they have duly qualified for. Cadet and Junior athletes are the future of our sport and Taekwondo Canada wants to ensure that we are taking an appropriately safe approach to the return of major international competitions. While there is no set format that these plans need to be submitted in, this notice includes a couple of examples to help guide coaches on what should be included.

More information regarding this process will be provided to the qualified Cadet and Junior athletes in May.

## Sample Training and Preparation Plan from Dojang Coach Portfolio

**Athlete Name:** Sally Jones    **Coach:** John Smith    **Event:** Cadet Pan Am Championships and World Championships

	April				May				June						July				August			
Date	3	10	17	24	1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	
Weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
Tournament							D	PA						WT							A	
Test	T1					T2		T3							T4							
Tactics and Techniques																						
Kicks and distance control	Develop – 5 Weeks						Refine – 6 Weeks						Maintain									
Timing & Ring Management						Develop – 6 weeks						Refine & Maintain										
Energy System																						
Aerobic	Develop – 5 weeks					Aerobic Power – 6 weeks						Maintain										
Lactic - Speed & Speed Endurance								Develop - 7 weeks								Lactic Capacity						
Mental						x	x		x	x			x	x	x	x		x	x	x		
	5					5					10				15							
Physical	30					15					10				5							
Tactic	10					30					40				45							
Technique	55					50					40				35							
Test 1 & 2 – VO2 Max (Step Up Test)									Test 3 & 4 – Notational Analysis of Tournament D & C													

### Objective (goal) for each competition

Name of Competition	Performance Goal	Podium Goal
D – D.K Chun memorial (Edmonton)	Actively initiating with front leg	Not important
PA – Pan Am Champs		Top 3
WT – World Champs		Top 8
A – ATA provincial (Edmonton)	Same + set up for attack/counter (60 % success)	1st

## Simplified Sample Training and Preparation Plan

**Athlete Name:** Sally Jones    **Coach:** John Smith    **Event:** Cadet Pan Am Champs

Training/Competition	S	M	T	W	T	F	S	Week Of
Return from Nationals and get back to routine schedule.								Apr 17-23
Primary emphasis on fitness, secondary technique. Use cross-training to build fitness faster.								Apr 24-30
Increase sparring volume over the week into one day local tournament.								May 1-7
Still work on fitness, more emphasis on technique.								May 8-14
Build in emphasis on technique and tactics. Address weak points from previous tournament and trial on weekend.								May 15-21
								May 22-28
Continue to increase tactical training. Have a tactical plan for the Pan Am Champs ready and use the training group at our Dojang to trial and fine-tune.								May 29-June 4
								June 5-11
Last full week of training to continue to maintain fitness gains and refine technique.								June 12-18
Have one last recovery day and finish week on normal training into the travel day.								June 19-25
Use the three days before the competition to emphasise tactics.								June 26-July 2

Legend:

Training	
Competition	
Travel Day	
Recovery	