

# Costa Rica

6th Taekwondo Open

## **Taekwondo Training Methodology Technical and Tactical**

### **San José, Costa Rica**

**Thursday October 3rd 2013 09:00h – 12:00h/ 13:00h- 17:00h**

**Friday October 4th 2013 09:00h – 12:00h /13:00h- 17:00h**

## **Agenda**

### **1.4 Methodology of technical and tactical training of combat**

- 1.4.1 Basic and technical elements
  - 1.3.1.1 The technical action and its phases
- 1.4.2 Tactical elements
  - 1.3.2.1 The tactical action and its phases
- 1.4.3 Offensive and defensive tactical action

### **1.5 Physical preparation**

- 1.5.1 The load (concept and definition)
  - 1.5.1.1 Intensity, volume and specificity
  - 1.5.1.2 Organization and load distribution
  - 1.5.1.3 Systematic application of the load
  - 1.5.1.4 Load rating (intensity, volume and specificity)
- 1.5.2 Methodological guideline for physical training
  - 1.5.2.1 Muscle strength
  - 1.5.2.2 Cardiorespiratory endurance
  - 1.5.2.3 Flexibility
  - 1.5.2.4 The coordination and agility
- 1.5.3 Physical training programs
  - 1.5.3.1 Muscle strength routines (circuits)

- 1.5.3.2 Cardiorespiratory endurance routines (circuits)
- 1.5.3.3 Flexibility routines
- 1.5.4 Physical assessment tests
  - 1.4.4.1 maximum force (Fmax) and relative strength (Frel)
  - 1.4.4.2 Maximum cardiorespiratory endurance (course navette)
- 1.5.5 Physical preparation of Taekwondo athletes in different stages of training (general, specific, pre-competitive and competitive)
- 1.5.6 Specific program of preventive exercise (circuit)
  - 1.4.5.1 Abdominal, lower back, adductors, abductors, hamstrings

## **2 APPLIED SCIENCE TO SPORT**

### **2.1 Psychology**

- 2.1.1 Basic psychological evaluation protocol
  - 2.1.1.1 Questionnaires
  - 2.1.2 Psychological training protocol
    - 2.1.2.1 Formation of the athlete : lectures (1 per month)
    - 2.1.2.2 Advice to coach (1 or 2 per month)
- 2.1.3 Specific individualized psychological preparation protocol
  - 2.1.3.1 Interview (annual) and counseling
  - 2.1.3.2 Observation of training and competitions
  - 2.1.3.3 Individual and group psychological training sessions

### **2.2 Psychomotor (early stimulation)**

- 1- Definition, objectives, advantages and benefits
- 2- Evolutionary stages from 3 to 15 years
- 3- Sensitive phases
- 4- Early stimulation
- 5- The importance of play in learning sports

### **2.3 Sports training methodology**

- 2.3.1 System sports training process (scheme)
  - 2.3.1.1 Structure of planning
  - 2.3.1.2 Programming
  - 2.3.1.3 Realization
  - 2.3.1.4 Control
  - 2.3.1.5 Evaluation and analysis
- 2.3.2 Integrated planning model

- 2.3.2.1 Structure of the integrated multidisciplinary macrocycle
- 2.3.2.2 Structure of the contents of the macrocycle
- 2.3.3 Teaching of planning

## **2.4 Sports Medicine**

2.3.1 Proposal for an annual review of each athlete of any age. In the case a pathology is found, the athlete will be guide for therapy and monitoring.

- 2.3.1.1 Physical Examination
- 2.3.1.2 State of maturation
- 2.3.1.3 Anthropometry and body mass index (BMI)
- 2.3.1.4 Forced basal spirometry
- 2.3.1.5 Electrocardiogram and echocardiogram
- 2.3.1.6 Maximum stress test with ECG (treadmill or cycle ergometer)
- 2.3.1.7 Blood tests

2.3.2 First Aid

2.3.3 Injury prevention

## **2.5 Nutrition**

2.4.1 Basic Nutritional Counseling

2.4.1.1 Evaluation of eating habits of Taekwondo athletes, from a food preferences questionnaire.

2.4.1.2 Talk: food groups

2.4.1.3 Hydration: water ration calculation

2.4.1.4 Dossier with basic guidelines (RDR, recommendations, competition, hydration).

2.4.1.5 At the end of the season would be interesting to repeat the evaluation of eating habits of Taekwondo athletes, from a food preferences questionnaire, and check if the orientation has been effective.

In case there is found some kind of risky behavior or psychopathology, it will be important to guide the athlete to psychiatric, psychological consultation and monitoring.

2.4.1.6 Proposal for an annual review of each Taekwondo athlete of any age.