



## The 3<sup>rd</sup> World Taekwondo Annual Taekwondo Medicine Online Seminar

**Duration: 3 hours**

**Time and Date: 12:00-15:00 (CET) (March 21, 2021 Sunday)**

### **[Agenda]**

#### **<Part 1> : 75 minutes**

1. Opening Remarks and WT COVID Mitigation Strategies & Prevention Guidelines and Protocols (15 minutes)  
: Dae Hyoun Jeong MD (WT Medical Chairman)
  
2. Medical Report from Manchester 2019 WT World Taekwondo Championships (15 minutes)  
: E. Nambi Ramamoorthy MD (GBR)
  
3. WT Injury and Illness Surveillance and Prevention Program (15 minutes)  
: David Michael O'Sullivan PhD, Hee Seong Jeong PhD (IOC Research Centre Korea)
  
4. Oral health, performance and dental injury prevention. (15 minutes)  
: Prof. Ian Needleman FDI (World Dental Federation) a member of Sports Dentistry Expert Group
  
5. Updates on WT Medical Code and Competition Rules (15 minutes)  
: Dae Hyoun Jeong MD (WT Medical Chairman)

**< Break > : 15 minutes**



**<Part 2> : 90 minutes**

6. Hand and wrist injuries in elite Taekwondo athletes (15 minutes)  
: Frank Duren MD (GER)
7. Knee Injuries in Taekwondo Athletes (15 minutes)  
: Christina Allen MD (USA)
8. The Cardiovascular Screening of Taekwondo Athletes and the prevention of sudden cardiac death (15 minutes)  
: George Pujalte MD (USA)
9. Prevention of Rapid Weight Loss and Proper Weight management for Taekwondo Athletes (sharing GB Taekwondo's protocol and experience) (15minute)  
: Phil Sharma-Woodland, GB Taekwondo Performance Nutritionist
10. Common Medical Issues in Para Taekwondo Athletes (15 minutes)  
: Mindy Siegel MD (USA)
11. Anti-Doping and safeguarding in Taekwondo (15 minutes)  
: Dr Halim Jebali (TUN)

**<Adjourn>**