

TAEKWONDO FOR LIFE

WHAT IS LTAD?

LTAD (Long Term Athlete Development) is a vehicle for change and provides a framework that identifies an optimal pathway for excellence in Taekwondo.

It is recognized that this pathway must include the engagement in Taekwondo martial arts and Taekwondo sport, and provide opportunities for participants to explore both disciplines. Taekwondo Canada's LTAD provides a series of recommendations for each stage of development. LTAD is necessary to provide a consistent approach for the instruction and coaching of Taekwondo participants in Canada.



The entry point for most participants in Taekwondo is through martial arts, where participants can strive for higher belt levels from Active Start to Learning to Train and the Active for Life stages of development. For those who choose to pursue Taekwondo for sport, they will continue from the Training to Train into the Training to Win stage of development. These stages of development require greater commitment to Taekwondo sport where the pinnacle of achievement is the Olympic Games.

Active Start

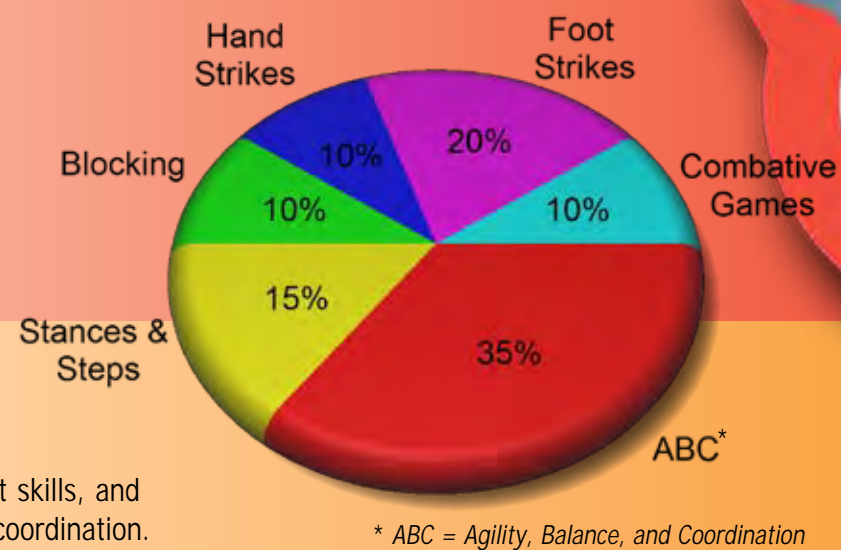
Ages 3-5

The *Active Start* stage provides an initiation to fundamental movements by exploring Taekwondo skills that are predominantly focused on martial arts (90%).

FUNDamentals

Males ages 6-9 — Females ages 6-8

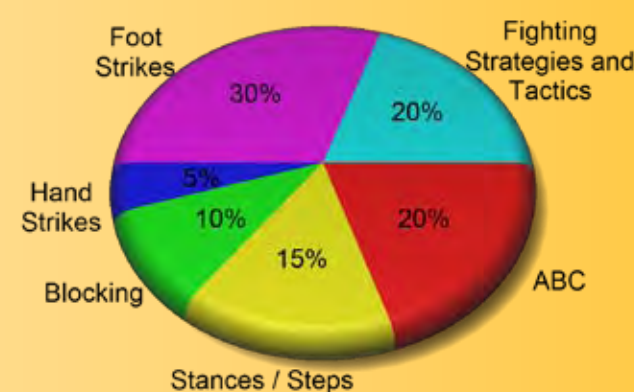
The *FUNDamental* stage continues to develop movement skills, and introduces motor skills involved in balance, agility and coordination. At the *FUNDamental* stage children may be introduced to combative sport through games, however the main focus is still on martial arts (75%).



Learn to Train

Males ages 10-12 — Females ages 9-11

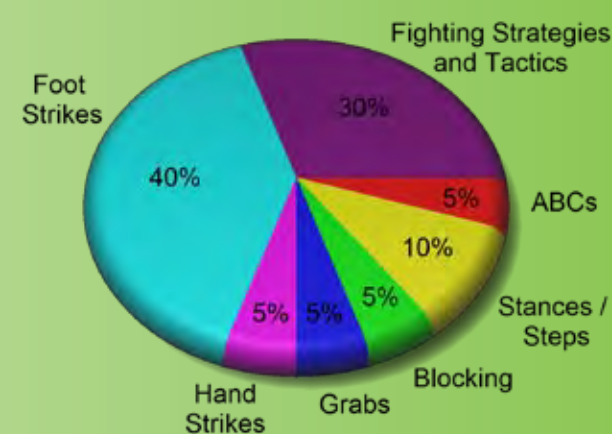
The *Learning to Train* stage is the major skill building stage in long-term athlete development. This stage provides a window of accelerated adaptation for motor skills and coordination, and skill learning should be emphasized. At this stage the participant should begin engaging in Taekwondo as one of three primary sports, but still participate in several other sports for recreational purposes. It is recommended that programming for this stage provides a balance between combative Taekwondo (55%), and Taekwondo as a martial art (45%).



Train to Train

Males ages 12-16 — Females ages 11-15

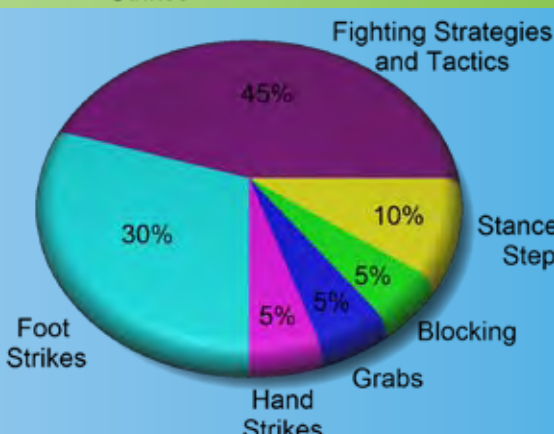
The *Train to Train* stage provides opportunities to enhance physical factors depending on growth and maturation, and to consolidate sport-specific skill. Windows of optimal trainability begin to emerge for aerobic conditioning and strength development which are dependent on biological indicators, while a second window for speed development is based on chronological age. This stage also coincides with the start of the high-performance pathway and specialization towards combative Taekwondo (sport). It is recommended that programming consist of 80% combative Taekwondo and 20% martial arts.



Train to Compete

Males ages 16-18+ — Females ages 15-17+

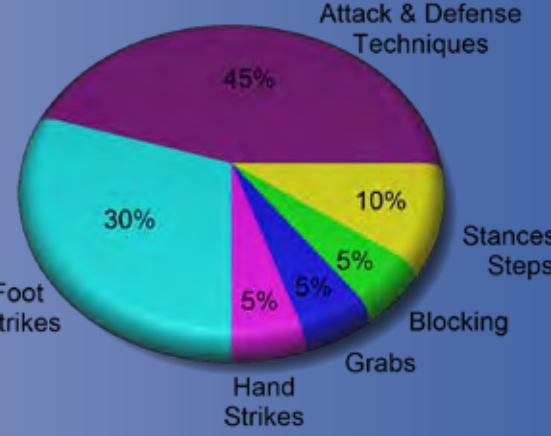
The *Train to Compete* stage provides opportunities to optimize fitness and strength, refine skills and tactics, and begin to emphasize consistent performance in competition. At this stage the athlete has gone through puberty and is transitioning from adolescents to adulthood. Athlete training should be guided by a reactive periodized annual training plan. During this stage the participant should begin specializing in Taekwondo as a primary sport, but still participate in several other sports for recreational purposes. It is recommended that programming for this stage focuses on combative Taekwondo (90%), with a small emphasis on Taekwondo as a martial art (10%) for warm-up, cool-down and self study.



Learn to Win

Males ages 18-21+ — Females ages 17-19+

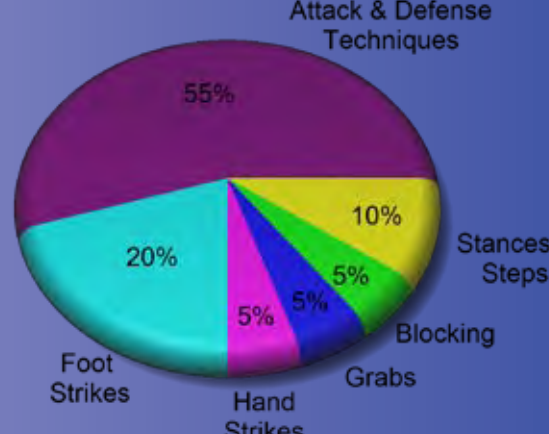
The *Learn to Win* stage provides opportunities for the athlete to gain international experience against senior level competitors. It is necessary to build an integrated support team that includes practitioners with expertise in strength and conditioning, psychology, rehabilitation, physiology, and health. The athletes must focus on refining all aspects of combative Taekwondo on a full time basis (95%), with small emphasis on martial arts (5%) for holistic development.



Train to Win

Males ages >21 — Females ages >19

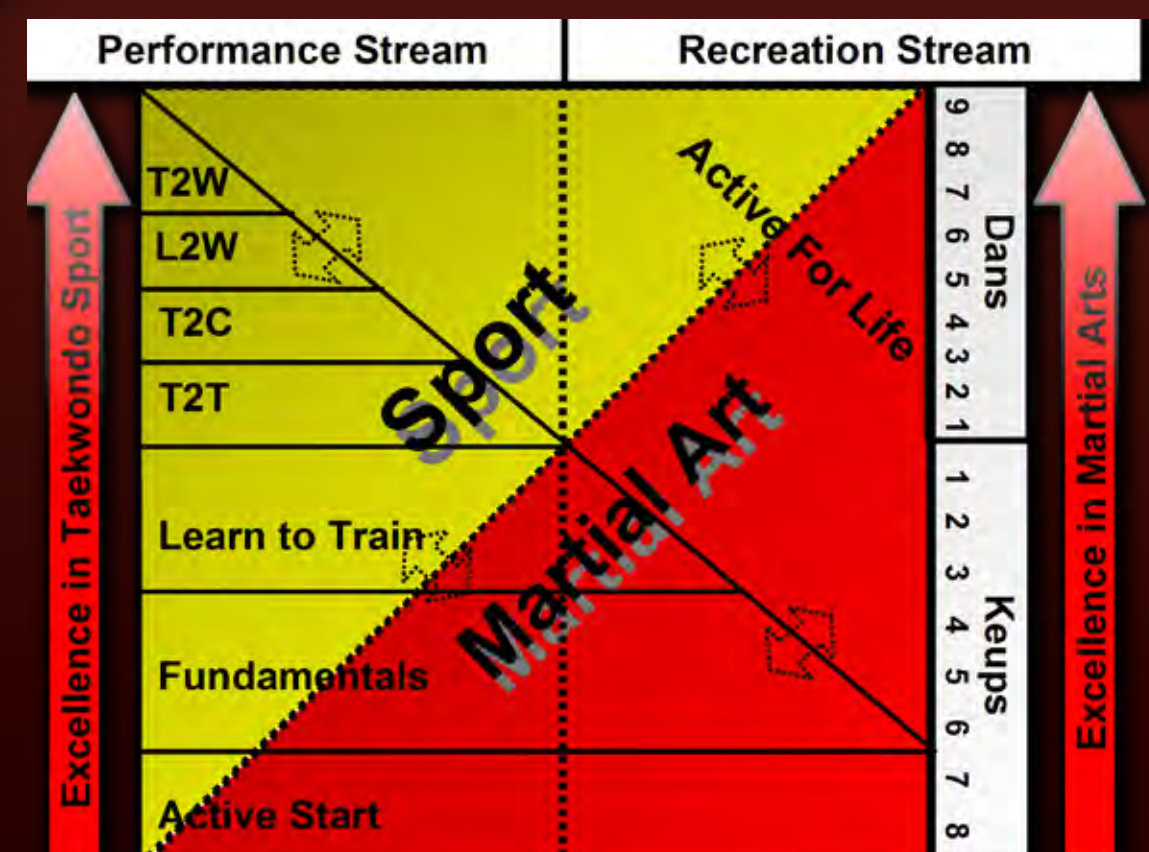
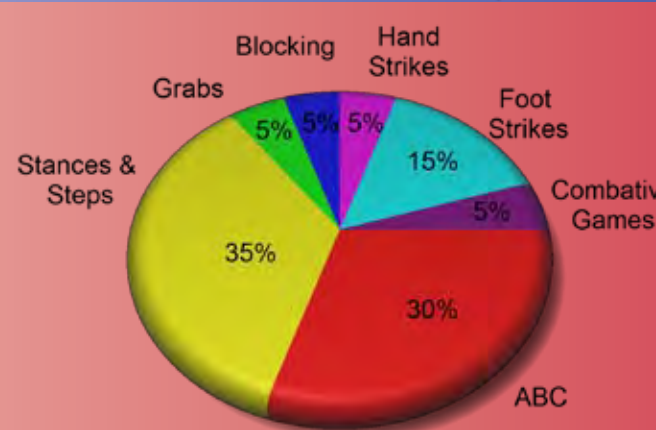
The *Train to Win* stage enables the athlete to focus on consistent performances in international competitions. The analysis of performance becomes critical in examining strengths and weaknesses in opponents as well as in athletes' performance. The athletes must focus on refining all aspects of combative Taekwondo on a full time basis (95%), with small emphasis on martial arts (5%) for holistic development.



Active for Life

All ages

The *Active for Life* stage fosters life long involvement in Taekwondo where participants can enter at any age. This stage should provide students a variety of Taekwondo experiences which may prioritize martial arts, self defense, demonstrations and combative Taekwondo.



COACH EDUCATION PATHWAY



Active Start *ages 3-5*

Objectives:

- Emphasize fun activities in a structured environment.
- Allow opportunities for play and creativity.
- Initiate fundamental movements (ABCs = Agility, Balance, and Coordination) to enhance body awareness.
- Teach simple stance, punches, kicks and blocks.
- Provide positive role modeling for expected behaviour.
- Introduce simple dojang rules and Taekwondo etiquette.
- Introduce foundation motor skills (balance, agility and coordination).
- Develop positive interaction with others by implementing activities that require cooperation and sharing.
- Use simple games to introduce basic concepts of self defence.
- Provide model or demonstration of basic movements.

FUNDamentals *males 6-9, females 6-8*

Objectives:

- Emphasize fun activity in a safe and non-threatening environment.
- Develop fundamental movements that teach overall body and limb control.
- Encourage creative play that develops basic stances, punches and kicks.
- Develop dojang rules and Taekwondo etiquette.
- Emphasize foundation motor skills (ABCs) through structured play.
- Take advantage of increased trainability to enhance speed/quickness of movements less than 5 seconds in duration, and develop flexibility.
- Develop self-esteem through positive reinforcement and rewarding good behaviour.
- Introduce combative activities through simple games.
- Initiate simple attack and defence strategies.
- Introduce concepts of self defence.

Learn to Train *males 10-12, females 9-11*

Objectives:

- Emphasize safety, self control and respect.
- Consolidate and refine basic Taekwondo skills.
- Encourage learning the game and 'dreaming to learn'.
- Develop practical tactical knowledge that builds basic strategies for attack and defence.
- Introduce decision making during combative situations.
- Take advantage of increased trainability for the development of sport-specific skills.
- Develop motor skills (agility, balance, coordination, rhythm, time/space orientation, speed, dexterity "hand-eye coordination", etc).
- Introduce conditioning using medicine balls, Swiss balls and own body weight.
- Introduce fundamental mental skills that emphasize concentration, emotional control and, confidence.
- Provide a ratio of 70% training to 30% competition.

Train to Train *males 12-16, females 11-15*

Objectives:

- Begin to specialize in combative Taekwondo (sport). Martial arts become less of an emphasis in the development of fighting skills needed at the competitive level.
- Modify programming depending on early, average and late maturers, and recognize differences in the training of male and female athletes.
- Monitor growth rate to predict onset of peak height velocity in order to identify optimal windows of trainability.
- Emphasize self confidence and respect.
- Consolidate basic skills and introduce advanced skills and techniques.
- Encourage playing the game and dreaming to train.
- Develop tactical strategies that enhance game management and begin to introduce individual style.
- Introduce resistance training that emphasizes proper lifting techniques.
- Encourage ownership over tactical decision making and critical reflection on the effectiveness of decisions.
- Introduce fitness testing to monitor basic technical and physical factors.
- Recognize peer influences and need for increased autonomy.
- Provide a ratio of 60% training to 40% competition.

Train to Compete *males 16-18+, females 15-17+*

Objectives:

- Focus on the training process rather than the outcome of the competition.
- Emphasize hard work, self-discipline, and commitment.
- Provide a well-structured strength and conditioning program that is continually monitored and adjusted.
- Ensure athletes follow a reactive periodized annual training plan.
- Monitor basic key performance indicators in annual plan (attendance, training volume, competitive events).
- Emphasize success rate of technical skills during combative engagement.
- Ensure fitness testing is done on a regular basis throughout the annual plan.
- Develop tactical planning to promote athlete readiness during competition.
- Ensure high-intensity practice to simulate competition demands.
- Emphasize tactical decision making to solve problems in new situations or contexts.
- Maximize opportunities to effectively implement appropriate mental strategies to ensure competition readiness.
- Provide support for academic demands and to assist athlete to balance lifestyle choices.
- Develop strategies that promote recovery and regeneration.

Learn to Win *males 18-21+, females 17-19+*

Objectives:

- Develop and reinforce belief in ability to perform in competition or against opponents.
- Develop specific attack and defense strategies that are consistent with athlete's fighting style.
- Introduce specialized practitioners in strength and conditioning, psychology, rehabilitation, physiology, nutrition, and health.
- Monitor a variety of key performance indicators that predict future performance. These may include physiological measures, analysis of fighting trends, and strategic participation in competitive events.
- Provide a highly individualized strength and conditioning program that is continually monitored and adjusted.
- Emphasize success rate or efficiency in point scoring during combative situations.
- Ensure fitness testing is done on a regular basis throughout the annual plan.
- Use video to analyze strength and weakness of athletes and opponents.
- Develop competition plans that promote athlete readiness in competition.
- Ensure high-intensity practice to simulate competition demands and require tactical decision making.
- Implement a variety of mental strategies to ensure ideal performance state.
- Monitor and promote strategies that enhance recovery and regeneration.
- Ensure optimal academic support and recognize major transition from high school to university or work environments.

Train to Win *males 21+, females 19+*

Objectives:

- Develop ability to perform on demand regardless of external factors or other elements that may affect performance.
- Specialize in specific attack and defense strategies that are consistent with athlete's fighting style.
- Access consultation from specialized practitioners in strength and conditioning, psychology, rehabilitation, physiology, nutrition and health.
- Demand hard work, self-discipline and commitment.
- Provide highly individualized annual training plans that identify performance factors that are horizontally and vertically integrated.
- Monitor key performance indicators that can be used to adjust training plan in relation to competition demands.
- Implement a battery of laboratory fitness tests that specifically identify key training factors in order to adjust training demands.
- Use video to analyze opponent strength and weakness in order to develop detailed competitive plan.
- Ensure high-intensity practice using a variety of training partners that reinforce competitive demands.
- Maximize opportunities to effectively implement appropriate mental strategies to ensure ideal performance state.
- Monitor and promote strategies that enhance recovery and regeneration.
- Ensure athlete is provided opportunities to realize career transition and develop plans for post-competitive integration into workplace or school.

Active for Life *all ages*

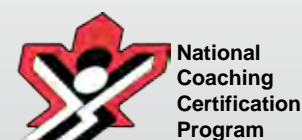
Objectives:

- Acquire, consolidate, and refine Taekwondo skills to ensure safety.
- Encourage autonomy over learning and provide opportunities to learn new skills independently and in group settings.
- Relate teaching of new skills to previous life or sport experiences.
- Provide a variety of Taekwondo activities and choices including, poomsae, combatives, breaking, self defense, and meditation.
- Ensure flexible programming allows participants greater accessibility to Taekwondo practice.
- Encourage participation in a variety of other sports, particularly non-weight bearing sports like cycling and swimming during later adulthood.
- Reinforce Taekwondo etiquette and rules.
- Involve participants in problem solving activities that enable decision making.
- Provide opportunities to demonstrate competency and pursue excellence in martial arts.
- Encourage volunteering in tasks or activities within Taekwondo school and sport in general.
- Monitor health on a regular basis, and ensure medical consent prior to engaging in activities.
- Provide opportunities for social interaction outside Taekwondo environment.

LEARN MORE...



Taekwondo Canada
www.wtfcanada.ca



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