### Active Start ages 3-5

**Objectives:**
- Emphasize fun activities in a structured environment.
- Allow opportunities for play and creativity.
- Initiate fundamental movements (ABC = Agility, Balance, and Coordination) to enhance body awareness.
- Teach simple dance, punches, kicks and blocks.
- Provide positive role modelling for expected behaviour.
- Introduce simple stepping rules and Taekwondo etiquette.
- Introduce foundation motor skills (ABCs) through structured play.
- Take advantage of increased trainability to enhance speed/quickness of movements less than 5 seconds in duration.
- 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 stance, punches and kicks.
- Develop stepping 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.
- 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 creative play that develops basic stance, punches and kicks.
- Develop stepping 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.
- Develop self-esteem through positive reinforcement and rewarding good behaviour.
- Introduce combative activities through simple games.
- Initiate simple attack and defence strategies.
- Introduce basic key performance indicators in annual plan.

### 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 required 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 weight ratio to predict onset of peak height velocity in order to identify normal windows of transferability.
- 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 15% training to 30% 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 improve competition readiness.
- Provide support for academic demands and to assist athletes to balance life in sport.
- Develop strategies that promote recovery and regeneration.

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

**Objectives:**
- Develop ability to perform under pressure regardless of external factors or other elements that may affect performance.
- Develop specific attack and defence 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 analyse strengths and weaknesses 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 states.
- Monitor and promote strategies that enhance recovery and regeneration.
- Ensure athletes follow a reactive periodized training plan.
- Monitor basic key performance indicators in annual plan (attendance, training volume, competitive events).

### 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 defence, and meditation.
- Ensure that fitness programming allows participants greater accessibility to Taekwondo practice.
- Encourage participation in a variety of other sports, particularly those 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](http://www.wtfcanada.ca)

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