



World Para Taekwondo Newsletter

November 2020 | Issue #5



Dear WT community,

I would like to take this great opportunity to express my thanks and gratitude to all of our stakeholders. I also would like to reach out to our WT Taekwondo family, who took their precious time and registered in the upcoming 1st WT Para MNA workshop. For those who have not yet registered, you are still welcome to join us in this amazing workshop.

The 1st MNA Para Taekwondo Workshop is scheduled as follows:

Date: Monday, November 16, 2020

Time: 10:00 - 14:00 Central European Time (CET)

Fee: Free for all MNAs

After attending the workshop, you will have more tools on how to develop Para Taekwondo in your country and how to start/maintain a stable MNA. There will also be information about how WT Para Taekwondo can assist your MNA regarding your Para education plan in order to strengthen your Para athletes/coaches/referees/officials/examiners/classifiers/clubs etc. The MNA workshop will strengthen our relationship and increase cooperation between the WT Para Taekwondo committee and our MNAs. Knowledge is power and communication is the key for success.

The last survey conducted by the WT Para committee showed that we have over 2,000 Para athletes (Kyorugi and Poomsae) amongst our valued MNAs - a number that continues to grow.

Together with my great team, I am very privileged to be a part of this wonderful Taekwondo family and especially the Para Taekwondo community.

Working with Para athletes with different disabilities is an everyday inspiration. It is an honour to be part of their path in achieving their goals and their dreams; a path filled with challenges and a great deal of hard work. Nothing stops them from becoming champions. With their own story and their own experiences, they do what it takes to succeed. They are the true heroes.

Kind Regards,

Chakir Chelbat
WT Para Taekwondo Committee Chair

Upcoming Para Taekwondo Education



Para Taekwondo Coach Course Level 1:

World Para Taekwondo Online International Coach Certification Course [Level I] - (English/Persian)

- Course Dates : 15-17 Dec 2020. Registration Deadline: 12 Dec 2020, 11:59:PM (GMT+04:30 Asia/Tehran)

World Para Taekwondo Online International Coach Certification Course [Level I] - (English/Arabic)

- Course Dates : 27-29 Dec 2020, 19:00-23:30 (GMT +3)

These are the first World Para Taekwondo Coach Level 1 courses to be held in another language. Future Level 1 courses will be offered in French, Russian, and Spanish.



Para Taekwondo Coach Courses Level 2

World Para Taekwondo Online International Coach Certification Course [Level II]

- Course Dates : 13-15 Nov 2020. Registration Deadline: 10 Nov 2020, 11:59:PM (GMT+01:00 Europe/Berlin)

World Para Taekwondo Online International Coach Certification Course [Level II]

- Course Dates : 27-29 Nov 2020. Registration Deadline: 24 Nov 2020, 11:59:PM (GMT-04:00 America/La Paz)

World Para Taekwondo Online International Coach Certification Course [Level II]

- Course Dates : 4-6 Dec 2020. Registration Deadline: 1 Dec 2020, 11:59:PM (GMT+08:00 Asia/Chongqing)

World Para Taekwondo Online International Coach Certification Course [Level II]

- Course Dates : 18-20 Dec 2020. Registration Deadline: 15 Dec 2020, 11:59:PM (GMT+02:00 Africa/Cairo)

World Para Taekwondo Online International Coach Certification Course [Level II]

- Course Dates : 21-23 Dec 2020. Registration Deadline: 18 Dec 2020, 11:59:PM (GMT+10:00 Australia/Sydney)

[Click to Register for Para Taekwondo Coaches Courses](#)

First MNA Para Taekwondo Workshop (Invitation Based)

The first MNA Para Taekwondo Workshop is aimed for MNA Presidents, Secretaries General, and Administrators. Each MNA can nominate up to five (5) participants and the participating MNA will receive a participation certificate in the MNA profile in GMS.

The Para Taekwondo Workshop was designed for our MNAs as part of our ongoing efforts to further enhance the knowledge of Para Taekwondo among our WT stakeholders.

You must send your nominations to para-tkd@worldtaekwondo.org before 12 Nov 2020, 11:59:PM (GMT+01:00 Europe/Berlin).

Getting Started: Long Term

In past newsletters, we have looked at how to organise a MNA, how to find contacts and partner organisations, and how to find athletes. This month, we look at how to develop a long term plan.

When developing your long term plan, remember to keep yourself educated, reach out and work with different organisations, and always continue to look for new Para Taekwondo athletes

In order to keep developing Para Taekwondo in your country you will need to continuously develop your instructors, classifiers, coaches, and athletes. There are several ways to ensure that your Para Taekwondo community has the tools it needs to provide the best possible

supports to persons with impairments – regardless of whether they are practicing Taekwondo for the first time or are aiming for the Paralympic Games.

Some examples of para taekwondo education include:

- World Para Taekwondo Promotion Test Rules
- Para Taekwondo Coach's Course
- Mandatory Coach Course - Levels 1, 2, and 3
- National Classifier Course
- Other Educational Opportunities
- Classification Rules

It is also important to maintain good working relationships with your contacts and work together with other organizations such as:

- IPC-recognised NPC
- IWAS
- CPISR
- IBSA
- Virtus
- ICSD

To ensure you are staying up-to-date on education, be sure to be on the lookout for new athletes. This can be done by:

- Conducting a survey among your membership to discover which persons with impairments are currently active within your organisation;
- Developing contacts with partner organisations;
- Developing contacts with specialised schools to ensure Para Taekwondo is introduced to the students;
- Publicising your MNAs Para Taekwondo program information;
- Finding athletes for the next paralympic cycle; and
- Informing yourself about Para Taekwondo classification.



Para Taekwondo Around the World

Europe:



French Athletes Kick It With Olympic Champions

The French Para Taekwondo team had the chance to rub elbows – and share kicks – with some Olympic medalists last month. Ivorian Olympic champion Sheikh Cisse (Gold in 2016) and Olympic bronze medalist Rut Gbagbi (2016) shared their expertise and sparred with the French Para athletes. Additionally, the French team welcomed Thomas N'Guessan to the team. The 20-year-old law student has now been with the team for three months. Congratulations!



Co-funded by the
Erasmus+ Programme
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BePART
GA613035
Erasmus + Sport
Collaborative partnership

Hungary Supports Multinational BePART Project

The Hungarian Taekwondo Federation is pleased to participate in the BePART Project that aims to promote taekwondo as a tool for social inclusion. The programme aims to:

- Practice taekwondo in a way that achieves mutual understanding and social inclusion;
- Provides martial arts coaches with the tools to address social exclusion;
- Combat prejudice against socially excluded people, especially youth; and to
- Support gender equality in sport.

Coordinated by the Bulgarian Taekwondo Federation and funded by the European Commission's Erasmus+ Sports Programme, the project works with the taekwondo federations of Bulgaria, Hungary, Greece, and Cyprus, as well as several regional charities.

If you would like to support the Hungarian Taekwondo Federation in this project, you could fill out one of the following surveys:

For coaches:
https://docs.google.com/forms/d/1Txakjeg_T8ei8HIC6vv1JS0llz4ypR_2Y6TB2LRzcc/viewform?edit_requested=true

For athletes:
https://docs.google.com/forms/d/11aDZNvvgSvxfBVZgvRrMdBxJ8IDcTHTMtYwaFT6ZHoU/viewform?edit_requested=true

For clubs: https://docs.google.com/forms/d/1A5LCZHSCOnB1fcOdot8WJgojmSDPFvjFFSLw-YstOb0/viewform?edit_requested=true

Asia:



Iran's Paralympic & Olympic Athletes Get Back to Work

Having already secured their spots at next summer's Tokyo 2020ne Paralympic Games, world champions Mehdi Pourahnama and Asghar Azizi joined Iran's Olympic-qualified athletes – Armin Hadipour and Mirhashem Hosseini – and two national team members, Sajjad Mardani and Amirhossein Bakhshi for a training camp provided by the Iran Taekwondo Federation. It was a welcome return to the mat for our Iranian athletes as last year's training camp was

canceled due to the coronavirus. The athletes began their trainings under the supervision of the Iranian technical committee.

Pan America



Garcia Lopez to Receive National Award from Mexican President

The Mexican Paralympic Committee (COPAME) congratulates Juan Diego Garcia Lopez on winning the 2020 National Sport Award in Paralympic Sport. After winning the jury vote last month, Lopez will be awarded the prestigious honour at a special ceremony headed by President Andres Manuel Lopez Obrador on 20 November as part of the 110th anniversary of the Mexican

Revolution.

Garcia Lopez became the first Mexican world champion in Para Taekwondo last year and ended the year ranked No. 1 in the world in the up to 75kg K44 division. He also secured a spot at next summer's 2020ne Paralympic Games in Tokyo, Japan. COPAME congratulates the Mexican Para Taekwondo Federation for the great work they have done to develop the discipline of Para Taekwondo that is reflected in the great achievement of this young Para athlete – who at just 17 years old, already inspires and transforms Mexico. Congratulations Juan Diego!

[Sign up for the World Para Taekwondo Newsletter](#)

Para Taekwondo Athletes in Media



Enkhtuya KHURELBAATAR (Mongolia)

Watch Mongolia's world champion in this Season 2 episode of 'The Queen of Sports' on SPS National Channel on 22 Oct 2020 at 20.00.

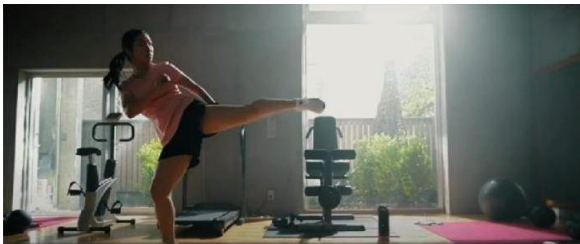
<https://www.facebook.com/spstelevision/videos/979835025870060>



Bopha Kong (France)

Four-time Para Taekwondo world champion Bopha Kong has qualified for the Tokyo Paralympic Games and is already looking ahead to the Paris 2024 Games!

<https://www.facebook.com/FFTDAOfficiel/videos/993993347770651>,



Shoko Ota (Japan)

Shoko Ohta shares the secrets to her training and looks ahead to next summer's Paralympic Games!

Imagine the moment. #adidasRDY

<https://www.youtube.com/watch?v=OEztyUnfdGg>



Ibrahima Seye (Senegal)

Ibrahima Seye became the first person from Senegal to ever qualify for the Paralympic Games in Para Taekwondo.

He shows that you must always believe in yourself - no matter what happens to you in life.

<https://www.facebook.com/104307541075233/videos/1874600892683452>



Lisa Gjessing (Denmark)

Only a few are as strong as Denmark's Lisa Gjessing. She had to have her forearm amputated after getting cancer in her left wrist in 2009. Today, as part of her recovery, Lisa has become a four-time world champion in Para Taekwondo. Now, she is chasing gold at the 2020 Paralympic Games in

Tokyo, Japan.

<https://www.youtube.com/watch?v=ixyFE2rrGg>

Para Taekwondo Committee



Chakir Chelbat
Para
Taekwondo
Committee
Chair



Usman Dildar
Para
Taekwondo
Committee
Vice Chair
&
Games Chair



Amine Khelladi
Para Taekwondo Committee
Member



Sookyung Park
Para Taekwondo Committee
Member

Para Taekwondo Classification Committee



Terrie Moore
Para Taekwondo
Classification
Committee
Chair



Joan Hacken
Para Taekwondo
Classification
Committee
Vice Chair



David O'Sullivan
Para Taekwondo
Classification
Committee
Member



Judith Cameron
Para Taekwondo
Classification Committee
Member



Marck Harb
Para Taekwondo Committee
Member



Primoz Rus
Para Taekwondo
Classification Committee
Member

World Para Taekwondo Poomsae Ad-Hoc Committee



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Said Khelwatty
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