

*IOC contribution beneficiary to complete and submit to the IOC contact*

NAME OF BENEFICIARY:	AFRICA TAEKWONDO UNION
TITLE OF PROJECT/ACTIVITY:	2022 AFRICA DEVELOPMENT PROJECT
DATES AND DURATION OF THE ACTIVITY/PROJECT:	JANUARY 1 <sup>st</sup> To October 31 <sup>st</sup>
TOTAL AMOUNT (with currency):	70796 US\$

Please give a brief description of the activities/projects implemented by your organization. Kindly attach any relevant pictures and supporting documents

**DEVELOPMENT PROJECT #1**

**AFRICA TOP YOUTH TAEKWONDO ATHLETES TRAINING CAMP  
IN IVORY COAST**

JUNE 15<sup>th</sup> to 26<sup>th</sup> 2022

The objectives of this training camp program was to use Taekwondo:

- To offer the African top youth athletes an access to high quality infrastructure;
- Accustom top youth Taekwondo African athlete to the pace of Olympic preparation;
- Inculcate in top youth African Taekwondo athlete the Olympic values of excellence, friendship and respect;
- Give to the top youth African Taekwondo athletes the means to become change vector through sport;
- Strengthen the capacities of the personnel supervising (coaches) of the athletes by knowledge sharing with AFTU experts;
- Promote attitudes conducive to living together and citizenship & foster social cohesion between athletes of various origins, genders and different ages.

The following activities were implemented:

- Taekwondo training with a constant parallel between Taekwondo and Olympism;
- Organization of an exchange and initiation session on new Information and Communication technologies, and discussion on the impact of the use of social networks (facebook, instagram, twitter, whatsapp, etc.) on athlete preparation & lifestyle;



IOC contribution beneficiary to complete and submit to the IOC contact

- Organization of training with former African Olympic Taekwondo champions to inspire youth African people on the Olympic dream (physical and/or online session): discussion on the journey and adventures of a Taekwondo Olympic champion.
- Organization of an outdoor community activities (participation in conferences, neighborhood clean-ups, university visits, etc.).

The main objective was to contribute to the sports development of the top youth African Taekwondo athlete aiming for the Olympic level. The main beneficiaries were: **Chad, Libya, Republic Democratic of Congo, Senegal, Niger, Ghana and Ivory Coast (hosting country).**

The list of participants was as follow:

Country	Athlete (Boy)	Athlete (Girl)	Coach
Ivory Coast	6	4	3
Libya	2		1
Niger	1	1	1
Senegal	1	1	1
RDC	0	2	1
Ghana	1	1	1
Chad	0	1	1
TOTAL	11	10	9

Regarding the targeted aim, the following activities were realized:

JUNE 16 <sup>th</sup> 2022		
9h00-11h00	Opening Ceremony	Opening ceremony with the: <ul style="list-style-type: none"> <li>- Ivory Coast Ministry of sport represented by the Sport Director</li> <li>- Ivory Coast National Olympic Committee represented by the president and his secretary general</li> <li>- AFTU vice president</li> </ul>
11h00-13h00	TRAINING SESSION 1	PHYSICAL TRAINING <ul style="list-style-type: none"> <li>- How to improve your physical abilities?</li> <li>- How to become more flexible?</li> <li>- Agility and coordination</li> <li>- Precision and explosiveness</li> <li>- Muscular and cardio-vascular capacities.</li> </ul>
13h00-14h00	<i>Lunch break</i>	
14h15-15h45	TRAINING SESSION 2	PHYSICAL CONDITIONING EVALUATION <ul style="list-style-type: none"> <li>- Be able to execute basic kicks and move</li> </ul>



IOC contribution beneficiary to complete and submit to the IOC contact

		<p>around</p> <ul style="list-style-type: none"> <li>- Be able to perform special kicks</li> <li>- Be able to perform sequences of kicks</li> <li>- Being able to hit kicks at different levels.</li> </ul>
15h45-16h00	<i>Coffee break</i>	
16h00-18h00	TRAINING SESSION 3	<p>REACTION TIME AND TIMING DEVELOPMENT</p> <ul style="list-style-type: none"> <li>- Target practice</li> </ul>
18h30	<i>Departure</i>	
<b>JUNE 17<sup>th</sup> 2022</b>		
9h00-10h30	<p>Introduction to new information and communication technology</p> <p>and impact of social media use.</p>	<p>SOCIAL MEDIA AS AN ESSENTIAL TOOL FOR ATHLETES (45 mns)</p> <ul style="list-style-type: none"> <li>- Why should an athlete have a social media presence?</li> </ul> <p>NEGATIVE IMPACT OF SOCIAL MEDIA ON ATHLETES PERFORMANCE (45 mns)</p> <ul style="list-style-type: none"> <li>- Sleep deprivation</li> <li>- Increased risks of depression, low self-esteem, and anxiety</li> </ul>
11h00-13h00	TRAINING SESSION 4	<p>PHYSICAL AND TECHNICAL CONDITIONING (1h30 mns)</p> <ul style="list-style-type: none"> <li>- Drills to improve your physical abilities</li> <li>- Drills to improve agility and coordination</li> <li>- Drills to improve precision and explosiveness</li> <li>- Drills to improve Muscular and cardio-vascular capacities.</li> </ul> <p>ROLE OF NUTRITION IN PERFORMANCE ENHANCEMENT (30 mns)</p>
13h00-14h00	<i>Lunch break</i>	



IOC contribution beneficiary to complete and submit to the IOC contact

14h15-15h45	TRAINING SESSION 5	FLEXIBILITY CONDITIONING <ul style="list-style-type: none"><li>- Drills to improve flexibility</li></ul>
15h45-16h00	<i>Coffee break</i>	
16h00-18h00	TRAINING SESSION 6	SPARRING SESSION <ul style="list-style-type: none"><li>- Initiation to new WT competition rules (FOR COACHES)</li><li>- Ring management</li></ul>
18h30	<i>Departure</i>	
<b>JUNE 18<sup>th</sup> 2022</b>		
9h00 - 10h30	TRAINING WITH OLYMPIANS	TRAINING AND EXCHANGE WITH AN AFRICAN OLYMPIC CHAMPION IN PRESENCE OF (see athlete profile in the following picture):



INTERNATIONAL  
OLYMPIC  
COMMITTEE

# IOC CONTRIBUTION REPORT FORM

IOC contribution beneficiary to complete and submit to the IOC contact

		11h00-13h00	TRAINING SESSION 7	FEEDBACK + Q&A ON THE SPARRING SESSIONS
13h00-17h00	Test match			



*IOC contribution beneficiary to complete and submit to the IOC contact*

## Pictures



**Training Camp (ABIDJAN): opening ceremony**



**Training Camp (ABIDJAN): opening ceremony**



*IOC contribution beneficiary to complete and submit to the IOC contact*



**Training Camp (ABIDJAN): opening ceremony**



**Training Camp (ABIDJAN): training session**



*IOC contribution beneficiary to complete and submit to the IOC contact*



**Training Camp (ABIDJAN): class session with Olympic medalist**



**Training Camp (ABIDJAN): training session with Olympic medalist**





INTERNATIONAL  
OLYMPIC  
COMMITTEE

# IOC CONTRIBUTION REPORT FORM

*IOC contribution beneficiary to complete and submit to the IOC contact*



**Training Camp (ABIDJAN): training session with Olympic medalist**



**Training Camp (ABIDJAN): workshop on Impact of social media**



*IOC contribution beneficiary to complete and submit to the IOC contact*



**Training Camp (ABIDJAN): workshop on Impact of social media**



**Training Camp (ABIDJAN): workshop on Impact of social media**



*IOC contribution beneficiary to complete and submit to the IOC contact*



**Training Camp (ABIDJAN): live webinar with olympic medalist (discussion about Journey to the Olympics)**



**Training Camp (ABIDJAN): test match**



INTERNATIONAL  
OLYMPIC  
COMMITTEE

# IOC CONTRIBUTION REPORT FORM

*IOC contribution beneficiary to complete and submit to the IOC contact*



**Training Camp (ABIDJAN): training session**



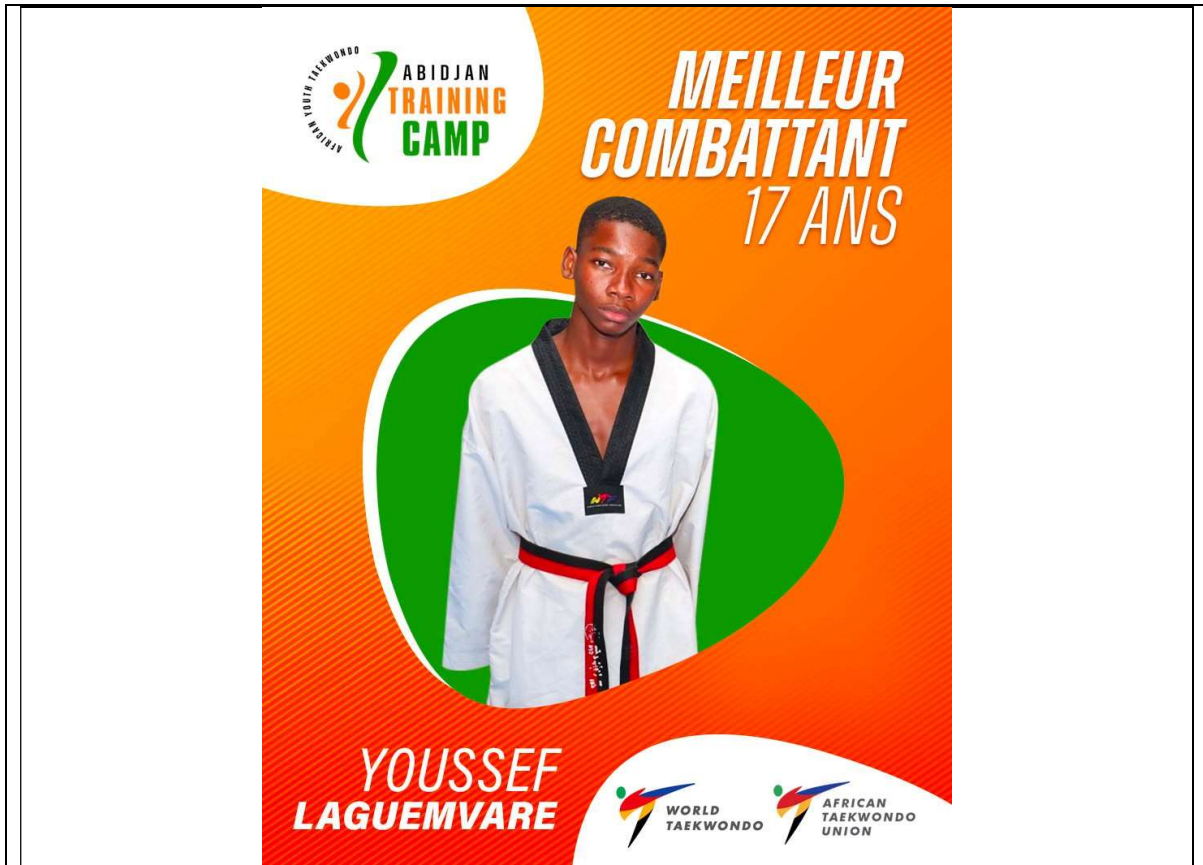
**Training Camp (ABIDJAN): designated Female MVP of the training camp**



INTERNATIONAL  
OLYMPIC  
COMMITTEE

# IOC CONTRIBUTION REPORT FORM

*IOC contribution beneficiary to complete and submit to the IOC contact*



**Training Camp (ABIDJAN): designated Male MVP of the training camp**



**Training Camp (ABIDJAN): African top youth athletes participated to the Abidjan training camp**

IOC contribution beneficiary to complete and submit to the IOC contact

**DEVELOPMENT PROJECT #2**

**AFTU LOCAL TRAINING COURSE IN MEDIUM AFRICA  
TAEKWONDO COUNTRIES**

JUNE 15<sup>th</sup> to 26<sup>th</sup> 2022

**Malawi, Madagascar & Mozambique**

In Africa, the development of Taekwondo move at 2 speeds. There is a big development gap between some countries. For example, Taekwondo in North and West Africa is more developed than in the other sub-Sahara African countries. Towards the creation of the Namibian and Eritrean Taekwondo Federation this year, the African Taekwondo Union intends to spread the practice of Taekwondo throughout all its continent. In this perspective, developing in parallel the level of high practice of Kyorugi athletes age to compete is a major concern because we now know how important the development of the small category is. For example, 17 out of the 32 Olympic medalists in TOKYO have already had medals either in world Junior championships or at the Youth Olympic Games. In view of the Los Angeles 2028 Olympic Games, AFTU wishes to strengthen the capacity of coaches in several African countries by sending a Kyorugi expert with an Olympic level.

The objective is to enable the beneficiary countries to strengthen their capacity to detect young talents, to modernize their coaching system with the new WT regulations, to comply with international training methods and to benefit from new generation of Taekwondo equipment

The following 3 AFTU experts was sent to Malawi, Mozambique & Madagascar to re-inforce training method on physical and technical-tactical preparation of athlete & local coaches.



Activities organized by AFTU with each designated experts in each country was a training camp session.



*IOC contribution beneficiary to complete and submit to the IOC contact*

Results are:

- Participation of over 300 athletes among all countries;
- Over 6 training session organized in 4 days in each country;
- Capacity building of coaches.

In a short term, athletes from beneficiary countries will be able to participate in competitions organized according to the new WT rules (electronic scoring system, etc.) and coaches will be able to better master the regulations in force.

In the long term, AFTU hope to see young athlete emerge, participating in WT biggest event as well as World senior championships and the Youth Olympic games.

All participants are named, then AFTU will pay attention to follow development activities for all athletes of the program.

## Pictures



**Training Camp (MADAGASCAR)**



INTERNATIONAL  
OLYMPIC  
COMMITTEE

# IOC CONTRIBUTION REPORT FORM

*IOC contribution beneficiary to complete and submit to the IOC contact*



**Training Camp (MADAGASCAR)**



**Training Camp (MOZAMBIQUE)**





INTERNATIONAL  
OLYMPIC  
COMMITTEE

# IOC CONTRIBUTION REPORT FORM

*IOC contribution beneficiary to complete and submit to the IOC contact*



**Training Camp (MOZAMBIQUE)**



**Training Camp (MOZAMBIQUE)**



*IOC contribution beneficiary to complete and submit to the IOC contact*



**Training Camp (MOZAMBIQUE)**



**Training Camp (MALAWI)**



*IOC contribution beneficiary to complete and submit to the IOC contact*



**Training Camp (MALAWI)**

### **DEVELOPMENT PROJECT #3**

## **YOUTH ATHLETE DETECTION & EQUIPEMENT ENDOWMENT IN AFRICA SMALL TAEKWONDO COUNTRIES**

JUNE 15<sup>th</sup> to 26<sup>th</sup> 2022

### **Sudan & Mauritius**

The objective is to enable beneficiaries MNA (Sudan & Mauritius) to detect young talents and to benefit from new generation of Taekwondo equipment for their own training purpose. This program will help to improve the technical level of youth athlete, grassroots Taekwondo development will be a reality through participation in training sessions led by high level federal Taekwondo Master, revive local Taekwondo, to support and assist with the development & growth of taekwondo on the chosen countries specifically focusing and targeting the youth.

The planned activities are:

- Organizing detection session for youth athletes in each beneficiary (Sudan & Mauritius);
- Providing high-level training and education of taekwondo spirit;
- Educating the youth on Olympic values and ideals;



*IOC contribution beneficiary to complete and submit to the IOC contact*

- Making the youth in Africa aware of the purpose and background of the Youth Olympic Games in commemoration of the first Youth Olympic Games to be held in Africa (DAKAR 2026);
- Providing the youth with a chance for sport and culture exchanges;
- Helping the youth them lead a healthy life physically and spiritually and thus, contribute to the betterment of their communities, countries and the world

The results are:

- Athletes are aware of the importance of the Youth Olympic Games for the first time in Africa (Dakar 2026);
- At least 100 youth athletes will be detected and monitored for long term development program with the 2 beneficiary's countries.

In the long term, the AFTU hope to see young athlete emerge, participating in WT biggest event as well as World senior championships and the Youth Olympic games.

**Implementation of many workshops for Poomsae, Kyorugi, Referee & Demonstration.**

## Pictures



**Training Camp (SUDAN)**



INTERNATIONAL  
OLYMPIC  
COMMITTEE

# IOC CONTRIBUTION REPORT FORM

*IOC contribution beneficiary to complete and submit to the IOC contact*



**Training Camp (MAURITIUS)**



**Training Camp (MAURITIUS)**



IOC contribution beneficiary to complete and submit to the IOC contact



Photo de famille des taekwondoïstes au camp d'entraînement qui a eu lieu au Chinese Cultural House à Baie-du-Tombereau.

AFRICAN YOUTH TAEKWONDO DEVELOPMENT PROJECT 2022

Mario Hung Wai Wing : «Nous abordons plusieurs aspects du taekwondo au camp d'entraînement»

Le Grand Maître Mario Hung Wai Wing a toujours milité pour l'essor du taekwondo à Maurice. C'est sous sa supervision qu'un camp d'entraînement a débuté, dimanche dernier, dans les locaux de la Chinese Cultural House à Baie-du-Tombereau. Comme pour ceux prévus les 25 et 26 juin, il a veillé à ce que les taekwondoïstes mauriticiens se perfectionnent dans plusieurs domaines de cet art martial d'origine coréenne.



Les taekwondoïstes veillent à ce que les coups de pieds aériens soient précis sur les pads de frappe.

Le camp d'entraînement de taekwondo se fait sous l'égide de l'African Taekwondo Union. Selon le Grand Maître Mario Hung Wai Wing, World Taekwondo a donné des instructions au niveau régional et continental pour encourager des stages pour les jeunes afin qu'ils progressent et s'épanouissent en taekwondo. Pour rappel, le continent africain est divisé en six zones pour le taekwondo. La Zone 6 concerne Madagascar, les Seychelles, les Comores et Maurice. Toutefois, seule la Grande Ile et Maurice - qui ont reçu le budget des instances africaines pour organiser le camp d'entraînement - sont les premières, cette année, à se lancer dans ce type d'activités.

«Nous abordons plusieurs aspects du taekwondo à ce camp d'entraînement. Et ce, que ce soit au niveau des combats, de la poursuite, de la précision des coups de pied sur les pads de frappe ou des techniques de base. Et pour un jeune, on ne peut devenir champion. Et pour réussir en combat, il faut de la rapidité et de la précision quand il s'agit des frappes», dit le Grand

Maître Mario Hung Wai Wing, 9<sup>e</sup> Dan de taekwondo. Le dernier affirmer qu'il écrira un rapport à l'African Union aussitôt que le camp d'entraînement s'achèvera, c'est-à-dire après les sessions qui se seront déroulées le samedi 25 juin, au Taekwondo Sports Club de Rose-Hill et au Tigers Taekwondo Club de St-Paul, et, dimanche prochain, au dojon de Grande-Rivière-Nord-Ouest. Toutefois, il s'attend à ce que les instructeurs de taekwondo, dans chaque des six zones, poursuivent sur la même lancée. «Il devrait appliquer la même formule qui a été employée au camp d'entraînement», a-t-il dit.

Cela dit, ce que tous les taekwondoïstes attendent impatiemment, c'est la levée des restrictions sanitaires à la fin du mois. «Si cela devait se concrétiser, nous comptons reprendre les compétitions d'ici à décembre», déclare Mario Hung Wai Wing.

Shirone BENNETT



Protégés par leurs équipements, les pratiquants de taekwondo se sont livrés à des combats.



Même sur les pads de frappe, beaucoup ont eu l'occasion de revoir leurs techniques.

Training Camp (MAURITIUS)

*IOC contribution beneficiary to complete and submit to the IOC contact*

Briefly outline and quantify the impact of each implemented activity/project

The development program allowed top youth athletes (aged between 13 to 17 year old) from Ghana, Niger, Libya, Senegal, Chad, RDC Congo & Ivory Coast to train at an Olympic level and to be inspired by Olympic medalist in a live interaction. In Malawi, Mozambique and Madagascar, more than 300 athletes took part to the training activities organized by AFTU expert. 20 coaches seen their coaching skills capacity strengthen.

The program helped to get 4 new Level 1 certified coaches, 11 new certified Level 2 coaches, 2 new certified level 1 Para-coach, 1 new certified Para-coach, 1 Continental GMS coordinator, 3 new Technical delegate. The program also helps to create the Namibia Taekwondo Federation and allow to WT to have 212 members as of October 2022.

Any general comments?

-

**ATTACHMENTS TO THE REPORT**

Financial report specific to the activity/projects *	<input checked="" type="checkbox"/>
Photos/videos	<input checked="" type="checkbox"/>
Other supporting documents	<input type="checkbox"/>

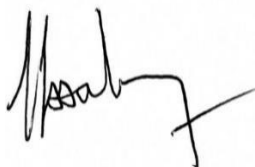
I, the undersigned, President/Secretary General of the above-mentioned Organization, certify that the information provided in this report, including the financial report form attached represents a true and fair summary of the activity/ project noted above. At any moment, we will provide documentations and justifications related to the activity/projects/expenditures as required by the WT or by its auditors, upon request of the WT.

Name, function (President or Secretary General) and signature:

Mr. **IDE Issaka**  
AFTU PRESIDENT

Date and official stamp:

November 19<sup>th</sup>, 2022






INTERNATIONAL  
OLYMPIC  
COMMITTEE

# IOC CONTRIBUTION REPORT FORM

*IOC contribution beneficiary to complete and submit to the IOC contact*

\*Financial reports (financial statements, official project report) specific to the activity/projects is required to be completed and submitted to the IOC with this report. In absence of the beneficiary's financial reports for the specific activity/projects, the IOC financial report form is to be used.

***ATTACHED FILE: FINANCIAL REPORT***