



30th WT Taekwondo for All Committee Meeting (via conference call)
March 27, 2025 | 16h00-17h00 (KST)

SUMMARY

Attendees: Ms. Hadwah Moawad (Chair), Sister Linda Sim (Vice Chair), Mr. John Cullen (Member), Mr. Richard Barnor (Member), Mr. Wooram Kim (Assistant Manager, MRD)

1. Establish Quorum

Four (4) members attended the meeting; thus, the quorum was established.

2. Approval of the Minutes

- *The minutes of the previous Committee meeting held on Feb 27, 2025, were approved by the Committee.*

3. Item

a. Feedback & Recommendation of Suvi Mikkonen for WISH

- ***Ms. Hadwah Moawad** welcomed Suvi and asked her to share a few words to the members.*
- ***Ms. Suvi Mikkonen** thanked all members. She continued that she participated in a program with 26 top female coaches selected by their international federations. Despite their experience and success, nearly all of them struggled with self-doubt—questioning whether they deserved to be there. This made her realize how deeply ingrained that doubt is for women, and how differently men might respond in the same situation—more focused on proving they're the best rather than questioning their worth.*
- *During the intensive residential week, they were constantly pushed out of their comfort zones, asked to reflect, share fears, and grow in a safe and supportive environment. She found the mentorship aspect especially valuable—having two mentors to consult with helped her handle leadership challenges with more confidence.*
- *A memorable moment came before the Paris Olympics, during an interview about female coaches. The reporter pointed out that when we imagine an athlete winning gold and hugging their coach, we usually picture a man. But female coaches at the Games had the power to change that image. Later, when her athlete Viviana won the gold medal and hugged her, that message became deeply personal and emotional.*
- *She now continues the WISH spirit by creating a global WhatsApp group for female Taekwondo coaches, aiming to build support networks within the sport—because real change happens together, not alone.*
- ***Ms. Hadwah Moawad** spoke about self-doubt—what could have led to those feelings among the other women?*
- ***Ms. Suvi Mikkonen** explained that many women face self-doubt not just because of external barriers like being a mom, but because of a deeper internal belief that they're not capable leaders. Unlike men, who are often raised to feel confident in leadership roles, women tend to question themselves—even when they're highly qualified. This cultural difference creates a constant inner struggle, and all the women in the program seemed to share those same doubts.*
- ***Ms. Hadwah Moawad** appreciated the words shared by **Ms. Suvi Mikkonen**, and our committee is proud to have supported her as a former WISH candidate.*

b. Message for new IOC President

- ***Mr. Richard Barnor** will work on the message and update in next meeting.*



c. AI update from John and team feedback

- **Mr. John Cullen** shared insights from an AI conference in New York, where key connections were made with Dr. Patrick Lucey (who helped write the IOC AI agenda) and Alan Cohen (VP of UFC). Both will support the development of AI tools tailored for Taekwondo. Plans are underway to invite them to an AI workshop in Muju this July.
- The immediate focus is on enhancing broadcasting and viewer experience by displaying kick speed, height, and power during Olympic matches—helping non-Taekwondo audiences better understand the sport. Smart technologies like AI-powered mouthguards could also display athletes' heart rates during matches to show effort and intensity.
- Long-term goals include creating a WT-specific AI model using competition and medical data, which could be used in judging (especially in Poomsae), administration (e.g., automatic meeting summaries and translations), and education. AI could help bring more objectivity to scoring while allowing judges to focus on the artistic aspects.

d. Activation of Athlete+ strategy

- **Ms. Hadwah Moawad** suggested adding a lecture to existing online coaching courses that addresses key topics like safeguarding and anti-doping, with a focus on gender issues. They emphasized the importance of giving it a strong, meaningful title—like "Breaking Barriers"—to inspire belief and support. She also supported the title "Breaking Barriers" for the lecture, saying it's catchy and inclusive. They emphasized that the session shouldn't focus only on women's issues but address barriers for both men and women, offering an equal and broad perspective—especially from a coach's point of view.
- **Mr. John Cullen** suggested involving Kirsty Coventry, the new IOC leader and WISH graduate, by getting a quote from her to open the lecture. It would highlight the importance of the topic and add impact from a respected Olympic figure.
- **Ms. Hadwah Moawad** generally reviewed the program: The program is divided into three modules. Module One focuses on building a Taekwondo identity. It helps individuals, especially those transitioning from being athletes to other roles like coaches or leaders, understand who they are and what is expected of them. Module Two is about self-development, covering topics like mental health and leadership. It helps participants grow personally and prepares them to take on leadership roles. Finally, Module Three presents various opportunities, guiding participants to explore potential paths they can take after completing the first two modules.
- She noted that further details will be discussed in the next meeting.

4. Next Committee Meeting

- The next Committee Meeting will be held on May 1 at the same time, 16:00 KST.

5. Closing of Meeting

- The meeting was adjourned by the Chair.