

Report

2024 WT Joint Training Camp

21 January – 3 February 2024

Honiara, Solomon Islands (SOL)

Member Relations & Development Department

World Taekwondo



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1. Overview

1.1. Background

The World Taekwondo (WT) has agreed to collaborate with the International Olympic Committee (IOC) Olympic Solidarity (OS) program to enhance the visibility of taekwondo and promote the participation of youth athletes at the 2032 Brisbane Olympics. In this initiative, World Taekwondo has prioritised small island nations in Oceania, and the IOC has approved a support for the participation of NOCs/MNAs that have applied for suitable support to facilitate the success of this joint training programme.

Therefore, the 2024 WT Joint Training Camp is set to take place in Honiara, Solomon Islands, alongside four other nations in the South Pacific. To maximise the impact of this project over the two-week duration, World Taekwondo has assembled a coaching team led by Professor Jung-woo Jeon. Professor Jeon is not only a former national coach who has produced numerous gold medallists for South Korea but is also a professor at Kyung Hee University in Korea. Additionally, the coaching staff includes Director Dong-wan Lee, a former world champion as well as an Olympic and national coach for the national teams of China, Chinese Taipei, and Hong Kong. Their expertise aims to contribute significantly to the success of this joint training initiative.

1.2. Objectives

WT is prioritizing participants for this joint training, focusing on athletes with the potential to compete in the upcoming Qualification Tournament for the 2024 Paris Olympics from each selected country.

In the short term, it is anticipated that their participation will significantly aid in preparing for the Qualification Tournament. In the long run, the training methods they acquire are expected to form the foundation for the progressive elevation of Oceania's overall standards.

1.3. Budget Plan

WT supported the necessary training equipment (PSS, kick pads etc.) for the joint training camp and monitor all aspects of camp preparation in the Solomon Islands, including training facilities, accommodations, meals, transportation, and airfare for participants from each country. All expenditures made by NOC/MNA are to be reimbursed by WT.

1.4. Duration

- Official Training Period: 22 January – 02 February 2024 (11 nights)
- Registration and Welcome Reception: 21 January 2024

1.5. Training Facilities

The 2024 WT Joint Training Camp was strategically planned to take advantage of the legacy of the Solomon Islands 2023 Pacific Games held in November 2023. The initiative aimed to utilize the accommodations and training facilities established during the Pacific Games for the upcoming joint training camp.

1.5.1. Aquatic Centre (Training Venue)

**Former Taekwondo Competition Venue of the Solomon Islands 2023 Pacific Games*



**Pictures: Aquatic Centre during Solomon Islands 2023 Pacific Games*



** Pictures: Aquatic Centre during 2024 WT Joint Training Camp*

1.5.2. Dormitory of Solomon Islands National University (Accommodation)

**Former teams' accommodation during the Solomon Islands 2023 Pacific Games*



**Pictures: Solomon Islands National University (SINU) Dormitory during 2024 WT Joint Training Camp*

1.5.3. Dining Hall of Solomon Islands National University (Restaurant)

**Former teams' restaurant during the Solomon Islands 2023 Pacific Games.*



**Pictures: Participants are receiving meals at SINU Dining Hall.*



**Pictures: Mr Martin Ba'ai Rara, President of Solomon Island National Olympic Committee, and Professor Jeon, Head coach of the 2024 WT Joint Training Camp are giving a welcome speech during the Welcome reception at the Solomon Islands National University (SINU) Dining Hall.*

1.5.4. Training Equipment

PSS sets for training, electronic socks, Taekwondo kick pads, and functional T-shirts were supported for the 2024 WT Joint Training Camp.



**Pictures: Training Equipment (PSS sets and kick pads)*



**Pictures: Participants wearing a provided t-shirt are taking a PSS education seminar.*

1.5.5. Participants

The initially selected MNAs were 6 however, Samoa (SAM) had to withdraw from participation due to athlete unavailability and unforeseen circumstances. Thus, the final list of participated MNAs is as follows.

**37 participants including 24 Athletes, 5 Coaches, 4 PSS Operator, and 4 Administrator.*

1) Solomon Island (SOL) – Hosting country



2) Fiji (FIJ)



3) Kiribati (KIR)



4) Papua New Guinea (PNG)



5) Tonga (TGA)





**Picture: Group photo of 2024 WT Joint Training Camp participants*

1.5.6. Schedule (Please refer to Appendix 5 for more details)

1) Morning Session (Physical exercise): 9 am – 12 pm



2) Afternoon Session (Technical and strategic training): 3 pm – 6 pm



3) Evening Session (Individualized Training): 8 pm – 10 pm (TUE & THU only)



2. Training Details and Expectation

Through the 2024 WT Joint Training Camp, the Solomon Islands, as the host country, will benefit by gaining experience in event organization and operations, providing them with the opportunity for future hosting of competitions or events, contributing to sustained growth. For participants, the camp aims to enhance individual capabilities, transfer knowledge in training methods, and foster mentorship to contribute to broader taekwondo development.

2.1. Administrators

The camp will offer valuable insights into event preparation aspects, such as arrival and departure management, transportation, accommodation, and food and beverage operations. It provides an opportunity for administrators to gain expertise in organizing and managing events effectively.



**Picture: Seminar for Administrators of SOL Taekwondo Federation.*

2.2. Protector Scoring System (PSS) Operators

The training camp will focus on developing skilled PSS Operators, reducing the need to rely on external personnel for operating national and international events. This approach alleviates the burden of hiring external experts, fostering self-sufficiency.



**Pictures: KPNP Manager is giving a PSS Operation Course to SOL Referees.*

2.3. Coaches

2.3.1. Introduction of advanced training methods

Coaches will directly experience advanced training methods, observe changes in athletes, and enhance their coaching strategies. The camp provides an opportunity to understand the importance of training methodologies and improve analytical skills before and during competitions, enabling coaches to become more strategic and experienced.



**Pictures: The Coaches (TGA & KIR) are experiencing the new training methods.*



**Pictures: The coaches (SOL & KIR) are experiencing the role of central referees.*



**Pictures: Coaches (SOL & PNG) are observing the training, taking notes, and organizing their thoughts.*

2.3.2. IVR (Instant Video Replay) techniques through hands-on PSS Experience

Coach training with IVR cards is an effective tool for enhancing taekwondo training efficiency and aiding athletes in skill improvement.

- **Correct usage of IVR cards in the field:**

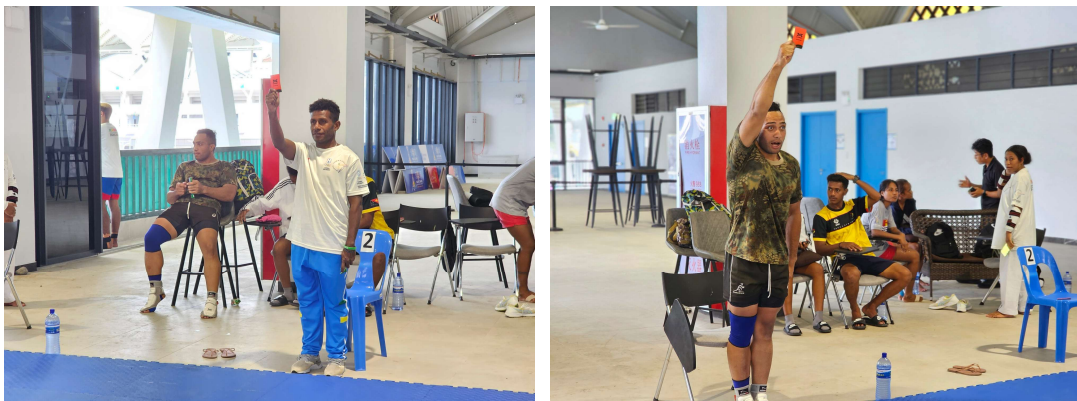
Coaches were required to comprehend the functions and proper application of IVR cards. The training focused on imparting the fundamental usage of IVR cards and instructing coaches on expressing various skills effectively.



**Pictures: Director Lee is explaining the IVR usage instructions to both coaches and athletes.*

- **Mastering the application of IVR cards for winning games:.**

Coaches underwent practice sessions on utilizing IVR cards to guide athletes in enhancing their skills. Athletes were trained on how to effectively communicate with IVR cards when scoring points, and they learned efficient teaching methods.



**Pictures: Coaches are experiencing firsthand the use of IVR during simulated matches.*

- **Incorporating IVR cards into training sessions:**
Coaches successfully employed IVR cards to direct athletes during training sessions, providing an opportunity to understand and master the impact of technical instructions using IVR cards.



**Pictures: Athletes are acquiring the skills of using IVR for better communication with coaches.*

2.4. Athletes

Athletes will benefit from advanced training methods, improving individual capabilities and adaptability to various strategies. The camp aims to enhance their coping abilities, preparing them for different scenarios during competitions. Additionally, the experience gained will serve as a foundation for the athletes to become future leaders in the field of taekwondo.



**Pictures: Athletes are taking a technical and strategic training*

2.4.1. Development of Game Understanding Through Referee Role Performance

The hands-on experience of performing the referee role offers significant training effects for athletes as they observe the referee in action.

■ The Judge's Position

- Provides a comprehensive view of the entire game.
- Clarifies the distinction between attack and defence.
- Enables accurate tracking of athlete's movements.
- Clearly displays the scoring standard.



**Pictures: Athletes are trying the role of corner judge of the match.*

■ An Athlete's Perspective

- Encourages avoiding opponent attacks and concentrating on offense.
- Highlights the challenge of grasping the game's flow.
- Acknowledges the potential impact of referee decisions.



**Pictures: Athletes are learning scoring techniques and strategies through matches utilizing the Protector Scoring System (PSS).*

These differences can influence athletes' performance improvement. By witnessing the game from the judge's viewpoint, athletes gain a better understanding of the game's dynamics, anticipate opponent attacks, and execute effective offensive strategies. Moreover, this experience equips them to handle contentious decisions by enhancing their comprehension of referee judgments.

Consequently, Taekwondo athletes can enhance their performance through dedicated practice in observing the game from the referee's perspective.

3. Challenges

While the enthusiasm and sincerity of the participating NOCs and MNAs were evident, the majority of the executives involved had separate primary responsibilities, and the part-time nature of their association duties resulted in communication gaps, contributing to delays in preparation as tasks often had to be addressed urgently.

The frequent occurrence of flight delays or cancellations due to airline issues and climatic conditions in the South Pacific necessitated consideration of additional expenses, adding a layer of complexity to the planning process.

The Organising Committee exhibited maximum effort given the local circumstances. However, the absence of cooling and dehumidification facilities in accommodations, as well as the lack of public Wi-Fi and global roaming services in the hot and humid climate, posed challenges for immediate responses.

While WT provided the maximum support possible for training equipment, the limited quantity of support available meant that all participants had to share, causing delays in usage and creating an inconvenience.

As noted by the Solomon Islands NOC President, the significant variance in the participants' skill levels posed a considerable challenge in the operation of the training program. This aspect, too, needed careful consideration for effective program execution.

4. Evaluation and Reflection

The challenges faced during the 2024 WT Joint Training Camp have offered valuable insights for assessment and continuous improvement. Despite the communication gaps stemming from part-time commitments of association executives, their evident passion and dedication deserve acknowledgment. Looking ahead, refining communication channels and exploring potential additional resources for part-time staff could significantly enhance the effectiveness of future preparations.

The unforeseeable challenges posed by airline issues and climatic conditions underscore the necessity for robust contingency planning. Future events should incorporate a thorough risk assessment and mitigation strategy, accounting for potential additional costs due to unforeseen circumstances. This proactive approach ensures a more resilient and adaptable framework for handling unexpected challenges.

The limitations presented by local facilities emphasize the importance of carefully selecting venues with adequate infrastructure. A comprehensive assessment of venue capabilities, including provisions for cooling and dehumidification, along with reliable internet services, becomes imperative for the seamless execution of future events. This foresight guarantees a smoother operational experience for participants.

Furthermore, the challenge posed by equipment shortages highlights the need for improved resource allocation and coordination. By evaluating the demand for training equipment and optimizing the distribution process, potential delays can be mitigated, enhancing the overall participant experience in subsequent joint training camps. This emphasis on strategic resource management contributes to the efficiency and success of future collaborative training initiatives.

In addition, despite variations in the skill levels of participating athletes, the experienced coaching staff thoughtfully designed the program to ensure that no participant was left behind. Their expertise and consideration contributed to the overall improvement of everyone's abilities, fostering an inclusive and supportive training environment.

5. Conclusion

The collaborative initiative between World Taekwondo (WT) and the International Olympic Committee (IOC) Olympic Solidarity (OS) program, as evidenced by the 2024 WT Joint Training Camp held in Honiara, Solomon Islands, signifies a strategic effort to elevate the visibility of taekwondo and cultivate the participation of youth athletes for the 2032 Brisbane Olympics. This collaborative approach, prioritizing small island nations in Oceania, reflects a commitment to fostering lasting improvements in the region's taekwondo standards.

Under the leadership of the esteemed coaching team, featuring Professor Jung-woo Jeon and Director Dong-wan Lee, the camp successfully met its objectives, particularly focusing on athletes preparing for the 2024 Paris Olympics Qualification Tournament. The immediate impact and long-term benefits of this training initiative are expected to contribute significantly to the advancement of Oceania's taekwondo standards.

While the challenges faced during the training camp shed light on areas for improvement, such as communication gaps and logistical hurdles, the dedication of participating National Olympic Committees (NOCs) and Member National Associations (MNAs) remained commendable. Future endeavours can benefit from refining communication channels, exploring additional resources, and implementing robust contingency planning to address unforeseen challenges.

The positive feedback from participants, as reflected in the satisfaction survey, indicates high levels of overall satisfaction, particularly in areas such as intensity, coaching guidance, and facility adequacy. The slight variation in satisfaction with the similarity to actual practice underscores the need for continuous improvement in tailoring training experiences to participants' expectations.

Feedback from participants further emphasizes the desire for more frequent training programs, suggesting an annual or bi-annual cadence for sustained skill development. Recommendations to extend the duration of the camp, consider alternative locations such as Tonga, and incorporate recovery sessions demonstrate a commitment to refining the program's effectiveness.

In conclusion, the 2024 WT Joint Training Camp serves as a benchmark for collaborative efforts in taekwondo development. The lessons learned, feedback received, and positive outcomes achieved position this initiative as a cornerstone for the ongoing enhancement of taekwondo standards in the Oceania region. Future iterations of such programmes can build upon these insights to ensure continuous growth and success.

Appendix 1. Satisfaction Survey of 2024 WT Joint Training Camp

Question 1. What is your overall satisfaction with the training programme?

Very satisfied (5 points)

Satisfied (4 points)

Average (3 points)

Dissatisfied (2 points)

Very dissatisfied (1 point)

Question 2. Was the intensity and difficulty of the training programme appropriate?

Very appropriate (5 points)

Appropriate (4 points)

Average (3 points)

Insufficient (2 points)

Very insufficient (1 point)

Question 3. How similar was the content of the training programme to actual practice?

Very similar (5 points)

Similar (4 points)

Average (3 points)

Not similar (2 points)

Not very similar (1 point)

Question 4. How was the guidance of the coaches during the training programme?

Excellent (5 points)

Very good (4 points)

Average (3 points)

Dissatisfied (2 points)

Very dissatisfied (1 point)

Question 5. Were the facilities and equipment of the training programme sufficient?

Very sufficient (5 points)

Sufficient (4 points)

Average (3 points)

Insufficient (2 points)

Very insufficient (1 point)

Question 6. How was the overall operation of the training programme?

Excellent (5 points)

Very good (4 points)

Average (3 points)

Dissatisfied (2 points)

Very dissatisfied (1 point)

Question 7. If you have any suggestions for training programmes, please feel free to comment.

Appendix 2. Satisfaction Survey Summary

The participants' feedback from the satisfaction survey for the training camp is quite positive across various aspects:

1. Overall satisfaction with the training camp:

- Average Score: 4.8/5.0
- Total Score: 139/145

2. Satisfaction with the intensity and difficulty:

- Average Score: 4.8/5.0
- Total Score: 139/145

3. Satisfaction with the similarity to actual practice:

- Average Score: 4.3/5.0
- Total Score: 125/145

4. Satisfaction with the guidance of the coaches:

- Average Score: 4.7/5.0
- Total Score: 138/145

5. Satisfaction with sufficiency of the facilities and equipment:

- Average Score: 4.8/5.0
- Total Score: 139/145

6. Satisfaction with the overall operation:

- Average Score: 4.7/5.0
- Total Score: 138/145

The majority of participants expressed high satisfaction levels, particularly highlighting the intensity, coaching guidance, and adequacy of facilities and equipment. While there is a slight variation in satisfaction with the similarity to actual practice, the overall positive feedback underscores the success of the training camp in meeting participants' expectations and needs.

Appendix 3. Feedback based on participants responses.

1) Program Frequency:

- A. Participants express the need for more training programs like this camp to further develop athletes' skills in developing countries.
- B. Recommend making the training camp an annual or bi-annual event to provide consistent opportunities for skill enhancement.

2) Duration and Location:

- A. Suggest extending the duration of the next camp to more than two weeks for deeper and sustained impact.
- B. Consider hosting future camps in Tonga due to identified challenges in Tonga, including a lack of knowledge, understanding of techniques, and equipment.

3) Coach and Athlete Development:

- A. Acknowledge the positive impact on coaches' knowledge of training methods and athletes' match management skills, particularly with the Protector Scoring System (PSS).
- B. Encourage planning the program for more than three months to allow for comprehensive development.

4) Preparation for Olympic Qualification:

- A. Participants highlight the significant contribution of the camp to their preparation for the Olympic Qualification Tournament.

5) Training Intensity:

- A. Recognize that the training intensity was high, prompting consideration for balanced training schedules.








6) Sustainability and Recovery:

- A. Advocate for the sustainability of the camp by making it an annual event.
- B. Suggest incorporating a drafted program to guide participants, ensuring effective preparation.
- C. Propose the inclusion of recovery sessions between training to minimize muscle fatigue and reduce the risk of injuries.

Conclusion:

The feedback from participants in the 2024 WT Joint Training Camp provides valuable insights for future planning. Recommendations focus on enhancing program frequency, extending duration, selecting suitable locations, and prioritizing coach and athlete development. The goal is to ensure the sustainability and effectiveness of similar initiatives in the future.

Appendix 4. List of Participants

	MNA	Gen.	NAME		W.
1	SOL	M	Junior Maetia		
2	SOL	M	Isaac Myrie		-58kg
3	SOL	M	Jarmin Scotaz		-58kg
4	SOL	M	Tingsun Sia		-58kg
5	SOL	M	Nicholas Sulumae		-68kg
6	SOL	M	Timothy Volosi		-68kg
7	SOL	M	Carol Dala		-68kg

8	SOL	M	Fred Valentine		+80kg
9	SOL	M	Charlton Lao Alafa		+80kg
10	SOL	F	Erika Jean Maetia		-57kg
11	SOL	F	Brianna Kakai		-67kg
12	FIJ	M	Sanghyun Ra		
13	FIJ	M	Shen Ming Richard Lin		-68kg
14	FIJ	M	Suliano Bathlolomew Ieli		-80kg
15	FIJ	F	Lolohea Founa Navuga Naitasi		-67kg

16	FIJ	F	Irene Mar		-57kg
17	TGA	M	Moala Takelo		+80kg
18	TGA	M	Sione SITAPA		+80kg
19	TGA	M	Venilaite MOALA		-68kg
20	PNG	M	Colland Kokin		
21	PNG	M	Kevin Kassman		-68kg
22	PNG	M	Gibson Mara		-80kg
23	PNG	F	Enila Soma		+67kg

24	PNG	F	Fiona Johe		-67kg
25	KIR	M	Nelson Ekeaua		
26	KIR	M	Nakibwae Etekieru Kanimisu		+80kg
27	KIR	M	Tionwiriam Temakei		+80kg
28	KIR	F	Ketty Christine Ataia		+67kg
29	KIR	F	Uriamteiti Teakaua		-67kg