

Report

WT Olympic Solidarity Camp 2024 for Youth

20-29 May 2024

Dakar, Senegal (SEN)

Member Relations & Development Department

World Taekwondo



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1. Overview

1.1. Background

World Taekwondo (WT), in collaboration with the International Olympic Committee (IOC) Olympic Solidarity (OS) program and the African Taekwondo Union (AFTU), aims to enhance the capabilities of youth athletes in Africa for the Dakar 2026 Youth Olympic Games and the LA 2028 Olympic Games.

Through close communication with AFTU, WT has selected nine countries in the region, including the host country, to hold training camps. From May 20 to 29, 2024, the WT Olympic Solidarity Camp for Youth was held in Dakar, Senegal. The camp featured renowned Taekwondo instructors, Professor Jeongwoo JEON and Coach Dongwan LEE, who had previously been recognized for their excellent training methods during the joint training in the Solomon Islands. Athletes and coaches from nine countries gathered in Dakar to receive their guidance, and their expertise greatly contributed to the success of the camp.

1.2. Objectives

- Prioritize participation of athletes recommended by each country for the Dakar 2026 and LA 2028 Olympic Games, expected to become future leaders.
- Provide advanced coaching techniques, technical information, and insights to enhance Taekwondo levels.
- Offer development opportunities to the host country, including legacy equipment (PSS systems, protectors, sensor socks, and kick pads).
- Strengthen the capabilities of the host national association's officials in competition management and athlete supervision.

1.3. Budget Plan

WT provided essential training equipment for the camp, including PSS, kick pads, and T-shirts. The preparation and management of all aspects of the camp in Senegal, including training facilities, accommodations, meals, and transportation, were successfully overseen by AFTU and the Senegalese Taekwondo Federation (Federation Senegalaise de Taekwondo), who played the role of the local organizing committee. The airfare expenses incurred by NOCs/MNAs for participation are to be reimbursed by WT.

1.4. Duration

- Teams Arrival: May 19, 2024
- Official Training Period: May 20-29, 2024 (10 days)
- Teams Departure: May 30, 2024

1.5. Training Facilities

The WT Olympic Solidarity Camp 2024 for Youth minimised movement between accommodation and the training venue by utilising the Senegal National Arena, enhancing training time, reducing fatigue, and improving logistics. This strategic choice fostered community and efficiency, significantly contributing to the camp's success.

This proximity offered several advantages:

- Maximized training time and reduced transit-related fatigue, enhancing overall camp effectiveness.
- Improved coordination and logistics management, ensuring punctual attendance and a structured training environment.
- Reduced transportation costs and environmental impact.
- Fostered a sense of community and camaraderie among participants, enriching the camp experience.

Overall, the strategic use of the Senegal National Arena significantly contributed to the camp's success and efficiency.

1.5.1. Senegal National Arena



**Senegal National Arena (Arène Nationale du Sénégal)*



**Taekwondo National Team Training Room (Training Venue)*

1.5.2. Rooms at Senegal National Arena (Accommodation)



**Rooms for teams during the Olympic Solidarity Camp*

1.5.3. Dining Hall at Senegal National Arena (Restaurant)



**Participants are having a meal in the dining hall at the Senegal National Arena*

1.5.4. Training Equipment

PSS sets for training, electronic socks, Taekwondo kick pads, and T-shirts were provided for the WT Olympic Solidarity Camp 2024 for Youth. After being used for this training camp, these equipment items will remain in Senegal as a legacy. They are expected to significantly aid in the organization of future events and the promotion of Taekwondo locally.



**Training Equipment (PSS sets etc.) with SEN NOC SG and SEN MNA President*



**Supported Protectors and Scoring System (PSS)*

1.6. Participants

A total of 32 youth athletes and 10 coaches from 9 different countries participated in the event. Additionally, 3 local officials served as PSS operators, and 4 referees were also present. Initially, invitations were extended to 10 countries; however, one country could not participate due to passport issuance issues.



**Group photo of participants at the Opening Ceremony of the WT Olympic Solidarity Camp 2024 for Youth*



**Team Ethiopia (Left) / Team Chad (Right)*



**Team Zambia (Left) / Team Zimbabwe (Right)*



**Team Djibouti (Left) / Team Mali (Right)*



**Team Niger (Left) / Team Mauritania (Right)*



**Team Senegal*



**Participants after the outdoor morning training session in the mountain*

1.7. Schedule

1.7.1. Morning Session (Physical exercise)

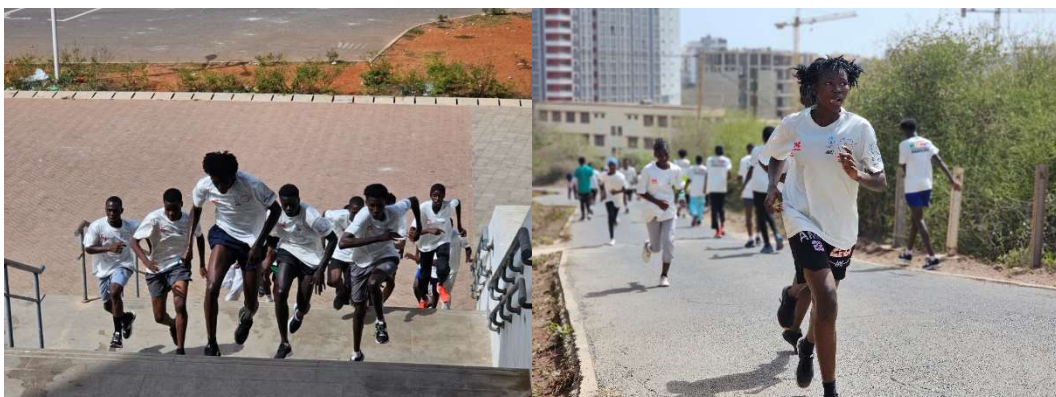
The morning training sessions, held from 10 AM to 12 PM, focused on fundamental physical conditioning. These sessions were meticulously designed to build the foundational fitness levels necessary for high-performance Taekwondo athletes.

The activities began with comprehensive indoor exercises, including stretching to improve flexibility and reduce the risk of injury, as well as indoor physical conditioning workouts. These exercises were critical in ensuring that athletes maintained optimal muscle health and range of motion, which are vital for executing Taekwondo techniques effectively.

To provide variety and ensure balanced muscle stimulation, the training alternated between different types of outdoor activities. On some days, participants engaged in mountain training on nearby trails, involving uphill and downhill running to enhance cardiovascular fitness, build leg muscles, and improve endurance. On other days, stair-climbing sessions were conducted on various staircases, helping to build leg strength, cardiovascular endurance, and overall stamina. These exercises are particularly beneficial for developing the explosive power needed for kicks and rapid movements in Taekwondo.

Throughout these morning sessions, participants demonstrated remarkable enthusiasm and commitment. Their active engagement and positive attitude were evident as they tackled each exercise with determination. Despite the high difficulty level of the workouts, participants diligently followed the regimen, showcasing their dedication to improving their physical conditioning.

The structured approach of the morning training sessions not only improved the athletes' physical capabilities but also instilled a sense of discipline and resilience. These qualities are essential for their development as well-rounded Taekwondo practitioners capable of handling the physical and mental challenges of the sport.



**Participants during the morning training session (Left: Stair Climbing, Right: Mountain Training)*

1.7.2. Afternoon Session (Technical and strategic training)

The afternoon training sessions, held from 3 PM to 6 PM, were primarily focused on indoor tactical training. These sessions were designed to enhance the technical and strategic skills of the participants. Utilizing the advanced training equipment provided specifically for this camp, participants engaged in rigorous drills aimed at mastering a variety of kicks.

In addition to refining their kicking techniques, participants also intensely rehearsed tactical steps that were carefully tailored to align with the electronic protector scoring system (PSS) framework. This included understanding the nuances of scoring, positioning, and timing required to effectively utilize the PSS in competitive scenarios.

The structured approach of these sessions allowed athletes to develop a deeper comprehension of the tactical aspects of Taekwondo, improving their ability to execute precise and powerful techniques within the PSS framework. The training emphasized both individual skill development and the integration of these skills into cohesive tactical strategies, preparing participants for high-level competition. Through repetitive practice and detailed feedback from experienced coaches, participants were able to significantly enhance their proficiency and confidence in using the electronic scoring system.



**WT Coach is providing guidance and demonstrations to participants*



**Participants are mastering various kicks using the supported training equipment*

1.7.3. PSS Session

After several days of intense physical conditioning and tactical training, the final few days of the camp were dedicated to simulation matches. These matches provided an invaluable opportunity for participants to apply and master their skills in a real-world setting, closely resembling actual competition conditions.

During these simulation matches, participants were able to implement the techniques and strategies they had learned and practiced throughout the camp. This hands-on experience was crucial in helping them understand the practical applications of their training, as well as in building their confidence and readiness for future competitions.

Coaches played an integral role in these simulation matches, observing and managing the games with a fresh perspective gained from the camp's comprehensive training sessions. They provided real-time feedback and adjustments, helping athletes to fine-tune their techniques and improve their tactical decisions on the fly. This interactive approach allowed for immediate learning and adaptation, which is essential for high-level performance in Taekwondo.

Athletes took full advantage of this opportunity to showcase their newly acquired skills. They utilized the techniques and strategies they had developed, and their performance outcomes reflected their hard work and dedication. Many athletes expressed satisfaction with their progress and the practical experience gained from these matches.

The simulation matches not only reinforced the skills learned during the camp but also fostered a competitive yet supportive environment. Participants were able to experience the pressure and dynamics of real competition, which is critical for their development as athletes. This experience is expected to have a lasting impact on their performance in future events, providing them with the confidence and skills needed to excel.

Overall, the simulation matches were a highlight of the camp, offering both coaches and athletes a platform to put their training into practice and gain valuable insights for further improvement.



**A coach is advising his athlete (Left) / Participants are applying the techniques they have learned (Right)*

2. Training Details and Expectations

The World Taekwondo Olympic Solidarity Camp 2024 for Youth, held in Dakar, Senegal, from May 20 to 29, 2024, provided invaluable experience in event organization and operations. This camp enabled participants to master stable event operations for future events, such as the upcoming Dakar 2026 Youth Olympic Camp.

Coaches had the opportunity to experience scientific and systematic training methods, enhancing their coaching strategies. Young participants improved their skills through diverse training techniques. All participants benefited from knowledge transfer in Taekwondo event management and training methods, as well as from mentoring that contributed to the advancement of Taekwondo.

2.1. Administrators

Administrators gained comprehensive experience in various aspects required for hosting events. This included managing arrival and departure logistics, ensuring smooth transportation, coordinating accommodation, and handling equipment management. They also mastered appropriate protocols, crucial for maintaining professionalism and smooth operations.

This valuable experience provided administrators with a deep understanding of event management complexities. The skills and knowledge acquired will serve as a solid foundation for preparing and executing larger-scale events in the future. This experience is expected to have a significant impact, enhancing event hosting standards across Africa and promoting greater opportunities for international events on the continent.



**WT coaching staff received a warm welcome from the Secretary General of the Senegal NOC*

2.2. Protector Scoring System (PSS) Operators

One of the primary objectives of the training camp was to develop a cadre of skilled Protector Scoring System (PSS) operators. By doing so, the goal was to reduce reliance on external personnel for both national and international event operations, fostering greater self-sufficiency within the organization. This approach is intended to alleviate the burden and cost associated with hiring external experts, promoting a more sustainable and independent operational framework.

During the training period, World Taekwondo (WT) played a crucial role in assisting these operators. WT ensured the smooth execution of the training sessions by providing hands-on support and guidance. The operators underwent extensive training that included repetitive mock sessions, allowing them to gain practical experience and master the intricacies of the PSS. This comprehensive training regimen was designed to build their confidence and competence in managing the system efficiently.

The operators were trained to handle various scenarios they might encounter during actual events, ensuring they were well-prepared for any situation. This preparation included troubleshooting potential issues, optimizing system settings, and understanding the nuances of the PSS to ensure accurate scoring and smooth event operations.

As a result of this intensive training, these operators are now equipped with the knowledge and skills necessary to not only operate the PSS effectively but also to pass on this expertise to others. They are now capable of educating the younger generation, thereby creating a self-sustaining pool of trained personnel. This cascading effect will help ensure a steady supply of skilled PSS operators, further enhancing the independence and efficiency of national and international Taekwondo events.

The long-term benefits of this initiative are significant. By developing internal expertise, WT can ensure more consistent and reliable event operations, reduce costs associated with external hiring, and foster a culture of continuous learning and improvement. This initiative not only strengthens the technical capabilities of current operators but also builds a robust foundation for future generations, ensuring the sustained growth and development of Taekwondo.



**Local officials took on roles as PSS operators, conducting mock operations*

2.3. Referee

Local referees from Senegal played a crucial role in the camp, aiding its smooth operation and enhancing their training for national and international events. Their involvement was vital for the camp's success, providing necessary support and expertise.

This participation allowed referees to refine their skills and gain practical experience, significantly contributing to developing a robust pool of qualified referees within Senegal. Strengthening internal referee training programs prepares Senegal for future domestic events and positions it as a capable host for international Taekwondo competitions.

The camp facilitated knowledge transfer and practical experience, empowering local referees to elevate officiating standards in the region. This initiative benefits the referees and contributes to broader sports development goals in Senegal.

During the PSS simulation training sessions, local referees actively demonstrated and enhanced their skills using the Protector Scoring System. This hands-on experience allowed them to practice real-time decision-making and system management in a controlled environment.

Through these rigorous training exercises, referees improved their technical proficiency and built confidence in handling live competition pressures. This comprehensive training ensures Senegal's referees are well-prepared for both domestic and international events, raising the overall standard of Taekwondo officiating in the region. This initiative is expected to have a lasting impact, contributing to the sustained growth and professionalism of Taekwondo in Senegal and beyond.



** Local referees are showcasing their skills during the PSS simulation training sessions at the camp.*

2.4. Coaches

The scientifically structured training methods taught at the camp provided a new direction for developing coaching skills, particularly in athlete management and performance enhancement. These methods incorporated the latest scientific principles, offering coaches a comprehensive understanding of effective training techniques.

Coaches from various countries demonstrated a proactive attitude and keen interest during the camp. They diligently took notes and actively participated in discussions, showing a strong desire for more information and resources to improve their coaching methods further. This enthusiastic involvement highlighted their commitment to applying these new strategies in their training programs.

The camp also emphasized the critical roles coaches play during competitions. Coaches learned about various tactical operations and strategic decisions necessary to guide athletes effectively during matches. This included match preparation, in-game adjustments, and post-match analysis. Understanding these aspects helps coaches better support their athletes, ensuring they are well-prepared for the challenges of competitive Taekwondo.

Additionally, the training sessions highlighted the importance of versatility in coaching strategies. Coaches were taught to adapt their approaches based on the unique needs and abilities of their athletes, fostering personalized training that leads to optimal performance.

Overall, the camp provided a comprehensive educational experience, equipping coaches with the tools to enhance their effectiveness. By integrating scientifically-based training methods and tactical insights, coaches are now better prepared to contribute to their athletes' success, ultimately raising the standard of Taekwondo coaching and performance in their respective countries.



**Coaches are actively encouraging and guiding athletes during training sessions.*

2.5. Athletes

WT Coaches (Prof. Jeon and Mr Lee) had to adjust the training programs to accommodate the varying ages of the participants. Despite the intense nature of the training, the youth athletes at the Senegal camp enthusiastically followed the rigorous sessions. The program included challenging morning physical conditioning and detailed afternoon tactical training, culminating in PSS simulation training in the final days.

The athletes, along with their coaches, showed a proactive interest in systematic and innovative training methods. This active engagement and participation led to significant improvements. The youth athletes demonstrated remarkable dedication, actively embracing the structured training approach.

WT coaches observed that even within the brief 10-day camp period, there were noticeable advancements in the athletes' skills. The tailored training regimen, considering the athletes' ages and abilities, proved highly effective. This progress was evident in the athletes' improved performance and adaptability.

Overall, the camp's success highlights the effectiveness of the intensive training methods. The dedication and enthusiasm of the young athletes, combined with the coaches' adaptive strategies, resulted in substantial skill development. These youth athletes are now better equipped for future competitions, laying a strong foundation for their continued growth in Taekwondo.



**The young participants are putting in valuable effort and hard work throughout the camp period.*

3. Challenges

The training camp aimed at preparing for the 2026 Dakar Youth Olympic Games and the 2028 LA Olympic Games presented several challenges that required careful management and adaptation.

One of the primary challenges was the diversity in the age and physical condition of the participants. The camp included a mix of cadet and junior athletes, leading to significant variations in training levels and physical capabilities. This heterogeneity made it difficult to design and implement a uniform training program. Coaches had to constantly adjust the training sessions to cater to the different needs of younger and older athletes, ensuring that each group received appropriate guidance and training intensity.

Language barriers also posed a significant challenge. The participating countries spoke different languages, necessitating multiple layers of translation. Instructions given in Korean had to be translated into English, and then from English into French. This extended the time required for explanations during training sessions, affecting the flow and efficiency of the program. WT coaches, who needed to adjust training intensity and duration based on athletes' heart rates, found this particularly frustrating as it impacted their ability to deliver timely instructions and feedback.

Additionally, the training venue itself presented logistical challenges. The lack of adequate cooling and ventilation systems made it difficult to maintain a comfortable training environment, especially given the physical intensity of the sessions. The absence of a reliable Wi-Fi connection further complicated administrative operations. This lack of connectivity hindered immediate communication and the ability to address administrative issues promptly, leading to delays and inefficiencies in camp management.

Despite these obstacles, the organizing team managed to navigate these challenges effectively, ensuring that the camp remained productive and beneficial for all participants. The experience highlighted the importance of flexibility and adaptability in managing diverse groups and the need for better infrastructure and communication tools to support large-scale training events.

In conclusion, the challenges encountered during the training camp underscored several critical areas for improvement. Addressing the diversity in athlete age and training levels, enhancing language support to streamline communication, and improving facility infrastructure are essential steps for future camps. These insights will undoubtedly inform the planning and execution of subsequent events, contributing to the continued success of WT's initiatives in athlete development and preparation for major international competitions.

4. Evaluation and Reflection

The role of the African Taekwondo Union (AFTU), one of the Continental Unions, was pivotal and highly effective during the preparation phase of the camp. Communication with the participating Member National Associations (MNAs) has always been a challenge in previous camps. However, AFTU significantly alleviated this issue by providing efficient and immediate feedback, facilitating a smooth preparation process. Their involvement ensured that all necessary information was communicated promptly and accurately, enabling better coordination and planning. This successful collaboration highlights the potential to expand the role of Continental Unions in future projects, leveraging their regional expertise and networks to enhance communication and logistical support.

On-site communication with participants was another critical aspect where improvements were evident. Coaches from various countries played an instrumental role in assisting young athletes by providing education and support in their native languages or preferred methods of communication. This approach not only facilitated smoother program execution but also contributed to the development of the coaches' own instructional skills. By helping athletes understand training routines and instructions more effectively, coaches ensured that the young participants could fully engage with the program and maximize their learning experience. This dual benefit of aiding both athletes and coaches underscores the importance of effective communication strategies in training camps.

The Local Organizing Committee (LOC) made significant contributions to ensuring the safety and well-being of all participants. They strategically placed medical teams at each training venue and ensured a constant supply of water, addressing both safety and logistical needs efficiently. The presence of an on-site physician at the training venues proved to be highly effective, providing immediate medical assistance when necessary and ensuring the health and safety of the athletes. This practice was so beneficial that we recommend it be considered a mandatory component in the preparation process for future projects. The proactive measures taken by the LOC in planning and logistics significantly enhanced the overall camp experience, demonstrating the value of meticulous planning and resource allocation.

The evaluation and reflection on the recent training camp underscore several key areas of success and improvement. The effective role of AFTU in communication, the beneficial involvement of national coaches in participant education, and the critical support from the LOC were instrumental in the camp's success. These elements combined to create a supportive and efficient training environment that facilitated significant development for both athletes and coaches.

Looking forward, these insights will be invaluable in planning and executing future projects. Expanding the roles of Continental Unions, enhancing communication strategies, and ensuring comprehensive logistical support will be essential steps in continuing to improve the quality and impact of training camps. By building on these successes and addressing identified challenges, we can further strengthen our efforts in supporting athlete development and preparing for major international competitions.

5. Conclusion

The WT Olympic Solidarity Camp 2024 for Youth in Dakar, Senegal, has been a pivotal event in preparing young athletes for the Dakar 2026 Youth Olympic Games and the LA 2028 Olympic Games. The camp's success is due to the collaborative efforts of World Taekwondo (WT), the IOC Olympic Solidarity (OS) program, and the African Taekwondo Union (AFTU). Their combined expertise has laid a strong foundation for the continued development of Taekwondo in the region.

AFTU played a critical role in facilitating communication with the Member National Associations (MNAs), ensuring all necessary information was relayed promptly. This effective coordination highlights the potential to expand the role of Continental Unions in future projects, leveraging their regional expertise to enhance communication and logistical support.

Coaches from various countries provided invaluable assistance to young athletes by offering education and support in their native languages. This not only ensured smoother program execution but also enhanced the instructional skills of the coaches, emphasizing the importance of effective communication strategies in training camps.

The Local Organizing Committee (LOC) ensured the safety and well-being of all participants by strategically placing medical teams at each training venue and ensuring a constant water supply. The presence of an on-site physician was particularly beneficial and should be considered a mandatory component in future projects. The LOC's meticulous planning and resource allocation significantly enhanced the overall camp experience.

The camp faced challenges such as diverse athlete ages and training levels, language barriers, and logistical constraints. Addressing these issues in future camps will be crucial. Enhancing language support, improving facility infrastructure, and ensuring comprehensive logistical support are essential steps to overcome these challenges.

Looking forward, the insights gained from this camp will be invaluable for planning and executing future projects. Expanding the roles of Continental Unions, enhancing communication strategies, and improving logistical support will be key to improving the quality and impact of training camps. By building on successes and addressing identified challenges, WT can further strengthen its efforts in supporting athlete development and preparing for major international competitions.

In conclusion, the WT Olympic Solidarity Camp 2024 for Youth has set a new standard for training camps, combining rigorous training with strategic planning and effective communication. The lessons learned and successes achieved will guide future initiatives, ensuring that WT continues to provide high-quality support for young athletes and coaches, fostering the growth and development of Taekwondo globally.

Appendix 1. List of Participants

| | MNA | G. | Name | Role |
|----|------------|-----------|------------------------------|-------------|
| 1 | SEN | M | Atau Niang | Coach |
| 2 | SEN | M | Assane Dione | Coach |
| 3 | SEN | M | Arona Sow | Athlete |
| 4 | SEN | M | Ehadji Tacko Wade | Athlete |
| 5 | SEN | M | Moustapha Badji | Athlete |
| 6 | SEN | M | Malick Sarr | Athlete |
| 7 | SEN | F | Gomelle Ndiaye | Athlete |
| 8 | SEN | F | Fatou Faye | Athlete |
| 9 | SEN | F | Rokhaya | Athlete |
| 10 | SEN | F | Mame Diarra | Athlete |
| 11 | CHA | M | Alio Abdeldre Hassan | Coach |
| 12 | CHA | M | Ousmane abakar saker | Athlete |
| 13 | CHA | F | Assanie Boukar | Athlete |
| 14 | CHA | F | Rose Selintan | Athlete |
| 15 | DJI | F | Ayan Abdi Aden | Coach |
| 16 | DJI | M | Moursal Nour Ali | Athlete |
| 17 | DJI | M | Abdallah Assamo Abdallah | Athlete |
| 18 | DJI | F | Rayso Abdillahi Arreh | Athlete |
| 19 | DJI | F | Kadidja Salah Omar | Athlete |
| 20 | ETH | M | Tsegazeab Gebrekirstos Mebtu | Coach |
| 21 | ETH | M | Shambel Eshetu Zewude | Athlete |
| 22 | ETH | M | Halid Seid Molla | Athlete |
| 23 | ETH | F | Bilen Getnet Ayele | Athlete |
| 24 | ETH | F | Lidya Akmel Siraj | Athlete |
| 25 | NIG | M | Waliou Bello | Coach |
| 26 | NIG | M | Abdoul Aziz Issifi Mamoudou | Athlete |
| 27 | MLI | M | Yaya Dembele | Coach |
| 28 | MLI | M | Alassane Coulibaly | Athlete |
| 29 | MLI | M | Mohamed Namory Coulibaly | Athlete |
| 30 | MLI | F | Mariam Dembele | Athlete |
| 31 | MLI | F | Mariam Diallo | Athlete |
| 32 | MTN | M | Dia Mohamed | Coach |
| 33 | MTN | M | Messoud Khalie | Athlete |
| 34 | MTN | M | El Mokhtar Mohamed Saleck | Athlete |
| 35 | MTN | F | Bleil Manna Hawa | Athlete |
| 36 | MTN | F | Habib Vadila | Athlete |
| 37 | ZAM | M | Jathel Simwinga | Coach |
| 38 | ZAM | M | Mathews Sichula | Athlete |
| 39 | ZAM | F | Tukuza Maseko | Athlete |
| 40 | ZIM | M | Ndaona Kembo | Coach |
| 41 | ZIM | M | Ishmael Mugwagwa | Athlete |
| 42 | ZIM | F | Evidence Karima | Athlete |

Appendix 2. Participant Reviews

1.1. SENEGAL

1.1.1. Mr Abdou Baidy Ndiaye, Technical Director, Senegalese Taekwondo Federation

“It was a great opportunity for both athletes and coaches to improve their skills in terms of physical conditioning and technical work and strategy to adopt. Four (04) Senegalese referees and three (03) operators also took the opportunity to understand the use of KPNP equipment.

Within the framework of the Olympics, a good atmosphere and mutual support were maintained throughout this period. The rooms were shared by several nationalities and people got to know each other better and wanted to meet next time in another camp.”



1.1.2. Mr Assane Dione, Coach



“The WT Olympic Solidarity Camp is a valuable opportunity for Africa and Senegal. Thanks to WT, OS, and AFTU. In particular, the camp was very helpful to us regarding the following.

- ◆ Timing System: Initially, athletes struggled with punctuality, but soon understood its importance, helping them prepare adequately for training.
- ◆ Physical Training: Mountain training proved crucial, enhancing athletes' performance in afternoon sessions. Circuit training with targets helped monitor heart rates.
- ◆ Tactical and Technical Training: Athletes learned to read opponent positions and respond defensively. Sparring sessions mimicked competition scenarios, teaching effective attack strategies.
- ◆ Performance: After 9 days of training, our athletes excelled, winning several awards including Best Female Athlete (Gomelle Ndiaye), Best Hopeful Athlete (Arona Sow), and Best Coach (Assane Dione).

Thanks to WT, Olympic Solidarity, and AFTU. We look forward to future training camps.”

1.2. CHAD

1.2.1. Mr Alio Abdelkadre Hassan, Coach

“As a coach, I am very satisfied with the training camp organized by the International Olympic Committee, World Taekwondo, African Taekwondo Union, and Senegalese Olympic Committee. This program provided me with new technical, tactical, and planning experiences. It also benefitted athletes on physical, technical, and mental levels, promoting discipline and rigour among 10 nations.

I extend my sincere thanks to the host country for their 12-day hospitality, particularly to Mr. Balla Dieye, AFTU Secretary General, and his team, as well as the four experts from South Korea, Prof Jeongwoo Jeon, Mr Dongwan Lee, Mr Leo Kim, and Ms. Monika Lee. I hope such training camps are organized regularly to further benefit from the Taekwondo Development Program. Thank you!”



1.2.2. Ms Rose Selintane, Athlete

“I am very happy with the camp experience. I benefited greatly from brewing, cardio, combat techniques, balance, and strength training. The training was excellent, and we worked hard. I thank the host country, the organizers, and the experts.”

1.3. NIGER

1.3.1. Mr Waliou Bello, Coach Mr Abdoul Aziz Issifi, Athlete

“The camp has been highly beneficial for both coaches and athletes, particularly in preparing for the Junior World Championship.”



1.4. DJIBOUTI

1.4.1. Ms Ayane Abdi, Coach

“The camp was a rewarding experience, helping athletes improve techniques and physical condition. Exchanges with other participants were inspiring and stimulating. Overall, the camp had a positive impact, leaving fond memories and anticipation for future training programs organized by Olympic Solidarity.”



1.4.2. Mr Abdallah Assomo, Athlete

“The camp boosted my confidence and determination, particularly benefiting from workshops on mental preparation and stress management.”

1.4.3. Ms Rayso Abdillahi, Athlete

“I valued the opportunity to exchange ideas with international athletes and coaches, which opened my mind and provided new career progression ideas.”

1.5. Ethiopia

1.5.1. Mr Tsegazeab Gebrekirstos Mebtu, Coach

“The training program has several strengths, including being provided by many experienced trainers, having well-related and relevant content, focusing on teenagers, and offering opportunities for one country to learn from the experiences of other countries, all of which contribute to early preparation for the 2026 Olympics. However, there are suggestions for improvement such as the need for separate training sessions for coaches, provision of written training materials, distribution of sports armour to athletes, and continued training for already trained trainers.”

1.5.2. Shambel Eshetu Zewude, Athlete Bilen Getnet Ayele, Athlete Lidya Akmel Siraj, Athlete

“As athletes, we found the training program to be very effective and beneficial. It prepared us well for future events, including the 2026 Olympics. We appreciated the overall experience, enjoyed all aspects of the training, and learned a lot.”



Appendix 3. Training Methods Reference



Training to improve Taekwondo performance

1. Purpose of Training

Training develops various human physical functions and motor abilities. It is a systematic process of improvement, and most athletes aim to increase the physical strength, skills, and mental strength necessary to improve performance through this process.

Therefore, so that athletes can have a constant sense of challenge to improve their performance, coaches must constantly strive to practice correct leadership skills and new and diverse training methods.

Coaches and players must pay special attention to the physiological, psychological and social changes that occur during their own training to formulate an appropriate training program to solve problems arising from various individual characteristics.

Training to improve performance cannot be effective through functional repetitive practice with only means and methods, and requires faithful training reasonably organized by a manager or coach with scientific knowledge of the elements that make up training. It will only be possible when it is implemented.

Training programs must have methods for specific purposes. For example, to improve muscle strength, a high-load, low-rep training method is needed, and to improve muscular endurance, a low-load, high-rep training method is needed. Therefore, training should be programmed and conducted with physical fitness components related to the athlete's sport.

The purpose of Taekwondo training may vary depending on the characteristics of the sport, but it has a primary purpose that is commonly required and a secondary purpose depending on the specificity of the sport. In other words, the primary purpose is to foster a well-rounded human being through character development in the mental aspect, and the secondary purpose is to improve performance by improving Taekwondo movements and professional skills through training. Therefore, I believe that the true purpose of training for athletes can be completed when the training is structured not only as a task-oriented program but also as a problem-solving program in which the athlete or coach must discuss and solve the problem together for a common goal

2. Principles of Training

Training programs must have methods for specific purposes. For example, to improve muscle strength, a high-load, low-rep training method is needed, and to improve muscular endurance, a low-load, high-rep training method is needed. Therefore, training should be programmed and conducted with physical fitness components related to the athlete's sport.

To conduct training, you need to understand the following 10 basic principles:

2.1. Principle of Overload

In order to improve physiological components, training should consist of a program that provides stronger stimulation than usual exercise stimulation. This can be explained by the SAID (Specific Adaptation to Imposed Demands - Logan & Wallis) principle. The SAID principle is a theory that when any stress is applied to the body, the body adapts to the stress appropriately after a certain period of time. In other words, in order for the body to adapt to strong external stimulation, the exercise stimulation of training requires a stimulation so strong that it is difficult to tolerate. This is the principle that a strong stimulation above a certain intensity of exercise must be given to the muscles. However, although stress is a very important factor in training and conditioning, the increased stress should not be such that it causes physical injury.

2.2. Principle of Incrementality

If you suddenly increase the exercise load during training, it can easily cause injury or damage, but if you gradually increase the load, your strength will improve. Therefore, this load should be applied only when the individual athlete has the ability to adapt to the increased exercise load. It can be effective training if you gradually increase the load and number of repetitions during training.

2.3. Principle of Continuity

This means that the effect cannot be achieved unless training is continued. If training is stopped for 1 or 6 months, the increased strength gradually decreases to the original strength level. Therefore, it is advisable to continue training even after the competition season ends.

2.4. Principle of Individuality

Everyone's physique and fitness level are different. Therefore, high-intensity training should be prescribed for those with strong physical strength, and light training should be prescribed for those with weak physical strength, to create a training program that athletes can best adapt to. Recognizing each individual's individuality is very important to increase training effectiveness.

2.5. Principle of Self-Awareness

You need to be able to understand your own condition, and it is effective to make a training plan and exercise according to your training purpose. On the contrary, it is not desirable to unconditionally follow the empirical methods of a coach or senior without criticism.

2.6. Principle of Specificity

When any form of resistance is applied to the human body, a special reaction or adaptation occurs according to that resistance. For example, to improve muscle strength, high load and low rep training is needed, and to improve muscular endurance, low load and high rep training is needed. Training must be conducted with a good understanding of the principles of this specificity.

2.7. Principle of Active Participation

Before starting training, you must understand the training goal and create a short-term and long-term training plan. After establishing a plan, regular evaluations motivate the athlete to achieve the training goal, and the athlete faithfully fulfils the training mission. This can be called the principle of active participation of players. Athletes' sincere and active participation during training leads to good results through interaction with coaches.

2.8. Principle of Comprehensiveness

Comprehensive development means including physical and mental abilities, and comprehensive development is the basic condition for constantly improving physical strength, technology, and culture. When training, plan and perform to develop physical strength elements evenly, thereby developing high-level exercise ability.

2.9. Principle of Diversity

The monotony of training content is a factor that can cause plateaus and slumps in athletes. Also, if you repeat the same intensity and amount, your exercise capacity will no longer increase. Therefore, you must train by adjusting the amount and intensity of training.

2.10. Principle of Model Ability

When practising for a game, practice with the same goal as the actual game, so that your strengths help improve your performance, and your weaknesses are complemented by practising on a different type of model. Training based on the principle of modelling can have a high effect not only on physical strength but also on psychological aspects in actual combat.

3. Training Prescription

Training prescription is the entire process of presenting the desired exercise type, intensity, frequency, time, etc. and improving all abilities, including physical strength and skills, through planned strengthening training. Training prescriptions must be given according to the individual's various conditions to understand the individual's adaptation and response to obtain high exercise effectiveness.

3.1. Exercise Sequence

The order of exercise is very important because improving exercise ability does not involve developing just one part of the body according to the principle of comprehensiveness, but also improves all abilities of the entire body.

In general, it is best to move the exercise order from one that puts less strain on the body to one that puts more strain on the body, and it is desirable to train from large muscle exercises to small muscle exercises. Also, for each body part, an effective exercise order is to perform the exercises in the order of the thighs and waist, the back of the back and legs, the lower extremities and ankles, the occipital muscles of the shoulders and upper arms, the abdomen, and the front of the upper arms. Additionally, it is advisable to improve exercise ability by progressing from leg exercise to arm exercise, from agility exercise to endurance exercise, and from strength training to aerobic exercise.

3.2. Exercise Intensity

Exercise intensity is the most important factor among training prescription factors and should be prescribed according to the individual's physical strength level, and the range of appropriate exercise intensity should be considered. You should also decide based on your personal interests and goals regarding exercise. For aerobic exercise, percentage units of maximum heart rate (HR max), heart rate reserve (HRR), and maximum oxygen intake (VO₂ max) are often used, and for strength exercise, units of percentage of RM (Repetition maximum) or maximum weight are prescribed. This is the typical way to do it.

3.3. Exercise Frequency

Exercise frequency is a quantitative condition that refers to how frequently a program consisting of exercise intensity and exercise time will be practised per day or at what intervals during the week.

In general, three times a week is the appropriate exercise frequency, and one day of complete rest per week is recommended. However, the frequency can be increased to improve exercise effectiveness and increase exercise capacity. The frequency of exercise may vary slightly depending on the purpose or stage of exercise and the characteristics of the subject.

3.4. Exercise Period

If you prescribe a program and exercise for a certain period of time, your exercise capacity will improve. In the case of strength training, after about 10 to 12 weeks, it increases by 85%

compared to the beginning of training, and cardiorespiratory endurance improves by about 30% after about 12 weeks. In the case of flexibility training, muscle elasticity improves after 8 to 12 weeks. Therefore, it takes at least 10 to 12 weeks to see training effects through intensive training.

4. Muscle Power Exercise Prescription

It can be said that muscle power exercise is effective in first improving muscle strength and then improving speed with speed movements. When the exercise intensity is high, the strength factor becomes the main factor and the speed factor is lowered, so only low power can be obtained and the exercise intensity is low. In this case, the speed factor becomes the main factor and the power becomes low. Therefore, the sum of speed and strength is the greatest, so the most efficient muscle power prescription is 30 to 40% of maximum strength.

When prescribing muscle power exercises, we accurately review the person's strength and speed characteristics. For people who have strength but lack speed, exercise with a weight of about 30% of maximum strength, and for people who have speed but lack strength, exercise with a weight of about 30% of maximum strength. Train with a weight of about 80% of your strength.

4.1. Exercise Prescription

After selecting an exercise item, check the players' 1RM, set the weight for each item, and then conduct training.

- Muscle Training Prescription Procedure:
 - I. Select the exercise item
 - II. Measure the maximum number of repetitions per rep (1RM)
 - III. Determine exercise intensity
 - IV. Determine the maximum number of repetitions at the determined weight
 - V. Calculate the number of repetitions (50-70% of 1RM)
 - VI. Calculate the appropriate number of sets (50-70%)
- Example Exercises (Item):
 - I. Squats: 60-70%, 8-10 reps
 - II. Power Clean: 50-60%, 10-12 reps
 - III. Leg Extension: 20-30%, 25-30 reps
 - IV. Deadlift: 60-70%, 6-8 reps
 - V. Power Snatch: 50-60%, 10-12 reps
 - VI. Leg Curl: 20-30%, 25-30 reps
 - VII. Pull-ups: 8-10 reps

5. Circuit Training Prescription

As a method aimed at physical development through an all-round system, physical development through an all-round system develops physical functions by organizing various exercise events to improve whole body strength, muscular endurance, power, and coordination.

As for the set exercise items, you can start from any exercise, so if the direction of the circuit is indicated, multiple people can perform in one set at the same time.

5.1. Exercise Items and Prescription

12 to 16 events are selected, and the exercise load is performed at 40 to 50% of the maximum number of repetitions for 30 seconds for each event.

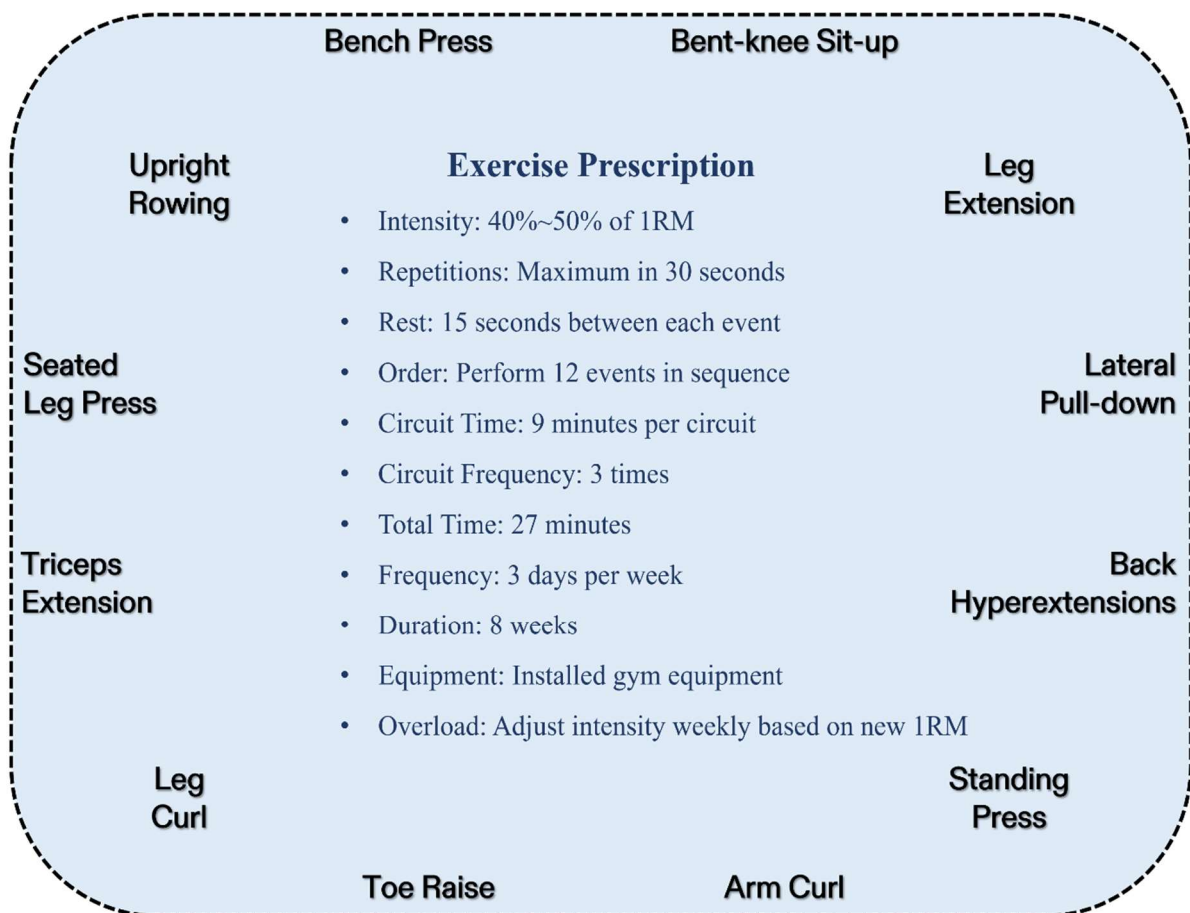
Determine the amount of load according to the individual's physical strength and apply incremental load.

➤ Circuit Event (Example 1):

- I. Upper Body Strength Push-ups: 25 reps x 1 second each, 25 seconds total
- II. Lower Body Endurance Half Squats: 45 reps x 1 second each, 45 seconds total
- III. Upper Body Strength Cable Cross: 10 reps x 2.5 seconds each, 25 seconds total
- IV. Full Body Exercise Pitching: 45 seconds
- V. Lower Body Strength Full Squats: 10 reps x 2.5 seconds each, 25 seconds total
- VI. Upper Body Endurance Bench Press: 30 reps x 1.5 seconds each, 45 seconds total
- VII. Lower Body Strength Leg Curls: 18 reps x 1.5 seconds each, 27 seconds total
- VIII. Full Body Exercise Burpee Test: 18 reps x 2.5 seconds each, 45 seconds total
- IX. Upper Body Strength Seated Chest Press: 10 reps x 2.5 seconds each, 25 seconds total
- X. Lower Body Endurance Leg Extension: 18 reps x 2.5 seconds each, 45 seconds total
- XI. Upper Body Strength Lat Pulldown: 10 reps x 2.5 seconds each, 25 seconds total
- XII. Full Body Exercise Jump Rope: 90 reps x 0.5 seconds each, 45 seconds total
- XIII. Lower Body Strength Dumbbell Lunge: 10 reps x 2.5 seconds each, 25 seconds total
- XIV. Upper Body Endurance Dumbbell Curls: 45 reps x 1 second each, 45 seconds total
- XV. Lower Body Strength Leg Press: 18 reps x 1.5 seconds each, 27 seconds total
- XVI. Full Body Exercise PT Gymnastics: 25 reps x 2 seconds each, 50 seconds total

- Total Times:
 - I. Time for each event: 9 minutes 29 seconds (569 seconds)
 - II. Movement time between events: 15 seconds
 - III. Total circuit time: 9 minutes 44 seconds (584 seconds)
 - IV. Circulation time: 9 minutes 45 seconds (585 seconds)
 - V. Rest time between sets: 15 seconds
 - VI. Total time for 3 sets: 29 minutes 59 seconds (1799 seconds)

- Circuit event (Example 2)



5.2. Exercise Time

- Train 12 to 16 events in sequence.
- Perform 1 cycle x 3 sets, 2 cycles x 3 sets, or 3 cycles x 3 sets.
- Rest until the pulse rate reaches 120 beats per minute after completing one cycle.
- Exercise frequency: twice a week.

6. Interval training

Interval training is training that increases speed, improves sustainability, cultivates maximum oxygen intake capacity, and is aimed at improving whole-body endurance. Therefore, since the intensity of the exercise is high, rest is naturally required between exercises, but in the sense of increasing the ability to sustain, there is an unstable rest during the rest period.

The intensity of exercise is determined by the heart rate response that occurs during exercise, and the goal is to exceed 180 beats per minute.

6.1. Exercise Method

- This is a training method that involves sprinting 200 to 400 meters with repeated incomplete rest.
- the typical number of times is 3 x 3 sets.
- After measuring the 400m section record, it is performed repeatedly while maintaining the record within 70% of the calculated record.

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