

Karim Dighou

Middle Park Drive 56 Point Cook 3030 VIC

Mobile: +61 4 2733 7718

e-mail: karim@austkd.com.au

Career History

Date Sept 2017 to Present: **Australian Taekwondo.**
Position: **National Coaching Director**

The first six months were spent visiting each state to learn about the Australian taekwondo and Institute/Academy of Sport landscape. In December 2017, we ran the first camp for identified national categorised athletes at the Australian Institute of Sport (AIS). Our first overseas competition was in February 2018 to the Sofia and Dutch Open Championships, where we were successful in gaining a 3rd place as a team.

As a result of the initial review of the taekwondo landscape, a decision was made, with funding from the AIS to establish a new national high-performance training hub in Melbourne, where all the key athletes now train. This hub incorporates a key relationship with the Victorian Institute of Sport which provides sport specific support services. In addition, I am leading a shift in philosophy surrounding competition at major events. We have established the World Championships as an event that only athletes that are internationally competitive will attend, rather than athletes to make up a full team.

As the head coach, I have lead national teams to 2019 World Championships, several Grand Prix, Oceania Championships and Pacific Games. Overall, results at the 2019 World Championships were the best in the last three World Championships with two top 8 and three top 16 finishes. In addition, part of my role includes running coaching seminars to develop and inform Australian coaches on current international trends and training techniques in international level competition.

Key achievements:

- two World Championship quarter finals,
- 2018 Oceania Championships 8 gold medals, 2019 Oceania Championships 15 gold medals,
- 2019 Pacific Games 15 gold medals

Date 2011 to 2017: **Vlaamse Taekwondo Bond.**
Position: **Head Coach Taekwondo Belgian team**

Key responsibilities include forming, training and coaching athletes for major championships, plus building the relationships with their club coaches. Creating a solid young team and a structure with a pipeline for talent, but implementing innovative training methodologies. I am regarded as top coach by the Belgian government, and I have received several invitations by top Taekwondo countries. In 2015 I was nominated in the top 7 of the best coaches in the world.

Key achievements:

- world champion,
- grand prix final medals,
- European 1st male team European championships,

- several European champions in all age categories
- two times 4th place Olympic games Rio 2016,
- silver and bronze Youth Olympics,

Date 2003 to 2011: **Vlaamse Taekwondo Bond.**
Position: **Assistant Coach Taekwondo Belgian team**

Reporting to the Head Coach I was responsible for assisting with the training and development of the Belgian Taekwondo Team and the development of a pathway of athletes.

Key achievements:

- rebuilding the relationships between all Belgian Taekwondo coaches
- development of pipeline of talented athletes,
- Building an international network

Voluntary positions

Dates: 2001 - 2008 **Position: Owner/ Manager Taekwondo Dojang**
 While being a refrigeration mechanic I also opened and ran my own Taekwondo Dojang. This was aimed at building the participation of Taekwondo in my area. I coached and instructed all classes and participants. I contributed 60% of athletes to the Belgian Team.

Professional Qualifications:

Taekwondo 2nd Dan, trainer 2nd level.

Education Information:

A2 Electricity, formation refrigeration technician.

Other Interests:

Horses, traveling, outdoor adventure, people
