



26th WT Taekwondo for All Committee Meeting (via conference call)
February 15, 2024 | 16h00-17h00 (KST)

SUMMARY

Attendees: Ms. Hadwah Moawad (Chair), Ms. Sister Linda Sim (Vice Chair), Mr. Richard Barnor (Member), Mr. John Cullen (Member), Ms. Dana Touran (Member), Mr. Wooram Kim (Assistant Manager, MRD), Mr. Woongki Leo Kim (Assistant Manager, MRD), Ms. Claudia Cardenas (Coordinator, MRD), Ms. Asifa Ali (Intern MRD)

1. Establish Quorum

- *Five (5) members attended the meeting; thus, the quorum was established.*

2. Approval of the Minutes

- *The minutes of the previous Committee meeting held on December 14, 2023, were approved by the Committee.*

3. Item

a. Invite a representative from the Athletes Committee (get thoughts on plans of launching the Athlete+ program)

- *The need to invite a representative from the Athletes Committee for the upcoming meeting and the importance of conducting separate surveys for MNAs and athletes was emphasized. A specific session should be dedicated to Athlete+. (Hadwah)*
- *Separation is preferable for both MNAs and athletes, primarily to avoid confusion. Another reason is the challenge in reaching MNAs, as the response rate is typically low. The Committee should also contemplate the delivery method whether in-person at an event or electronically through a link or QR code. (Claudia)*
- *The MNA survey includes a section on development where MNAs are asked about programs for athletes. The report will be shared with the Committee. (Claudia)*
- *The survey can be launched on the website, at events, or various locations, accessible through a direct link. Upon clicking, respondents could progress through steps, choosing answers, mentors (such as John, Richard, Dana, and Linda), and paths like coaching, refereeing, or becoming a THF ambassador. The process will be initiated with a welcoming message, encouraging athletes to aspire beyond their roles. Mentorship selection leads to tailored paths, fostering diverse opportunities. (Hadwah)*
- *THF plays a role when young individuals express interest in contributing, seeking guidance for involvement. It may not be a career for all, as some aim to volunteer. Assisting individuals in choosing a career path is necessary. (Richard)*
- *Name tags for different career paths were discussed. The updated version of the file regarding Athlete+ Program will be shared by the Chair. (All)*
- *It was suggested to dedicate a specific session to the Athlete+ program, considering the complexity of covering all aspects, particularly the online courses designed for their development. A separate session is needed to comprehensively address the structure and content of the program. (Hadwah)*

b. Follow up on Communications Department

- *A tab named "Taekwondo for all" was created at the WT website ([here](#)). It is intended for the reports or articles generated by the Committee. As per discussion with the Communications Department, the agreed-upon process is to send the material, which will be checked before*



being uploaded. The uploading responsibility when the files are ready will be under the charge of MRD. (Claudia)

- c. **Launching the Athlete+ Plan (strategies and timeline)**
 - *Promotion should focus on the 2024 Olympics and Paralympics, with the official launch at the Junior World Championships. A seminar should be held during the event, involving the Athlete Committee's members, to explain the Athlete+ initiative to volunteers. (All)*
 - *A 360-degree approach targeting young talents and showcasing diverse roles is crucial. (John)*
- d. **Mental Health in Elite Level Taekwondo Athletes – Results**
 - *The survey titled “Mental Health in Elite Level Taekwondo Athletes” was launched on October 10, 2023, on World Mental Health Day. The initiative was led by the WT Sustainability Committee, collecting a total of 515 responses. Results show concerning levels in psychological distress, anxiety, depression, and eating disorders among elite Taekwondo athletes. Demographic analysis reveals significant relations with gender, age, continental union, discipline, and years of active participation in Taekwondo. Notably, injury correlates with higher scores in anxiety, depression, and psychological distress. Further research is needed to understand these findings. (Claudia)*
 - *Athletes might not be aware that they are not alone in facing eating disorders. Many believe they are the only ones with such issues. Raising awareness and promoting the message that athletes are not alone is crucial. (Dana)*
 - *Retirement magnifies challenges, increasing the likelihood of depression, identity shifts, and other difficulties. (John)*
 - *The results of the survey are important as they serve as a baseline for creating initiatives like the Athlete+ Program. (All)*
- e. **Further suggestions**
 - *Medically approved joint support in Poomsae Competitions for Diamond Category*
 - *Checking the Poomsae rules to confirm whether there are any restrictions or specifications regarding the use of such support is needed. The importance of clarity in the rules, indicating that if there is no explicit prohibition, athletes should be allowed to use medically approved joint support. If restrictions exist, the Committee should reach out to the relevant authorities to reconsider the rules, especially for categories where joint support may be crucial. (Hadwah)*
 - **Equipment Resolution for Natsiraishe Maritsa**
 - *The resolution for Natsiraishe's equipment issue was discussed and it was suggested to engage the Secretary General in the matter. The possibility of obtaining equipment from approved companies that might have surplus items was proposed. (Hadwah)*
 - *The importance of ensuring that the assistance reaches the intended individual without the risk of loss or misplacement is required. (John)*
 - *Previous support for individual athletes through scholarships was discontinued due to inadequate reports. Efforts to enhance the development program's monitoring system are ongoing. A potential reset of individual support will be considered based on a detailed proposal. (Woongki)*
- f. **Other Matters**
 - *There were no other matters raised by the Committee.*

4. Next Committee Meeting



- *The next Committee Meeting will be held on March 21, 2024.*
- *Confirm the Time Zone: [Time Zone Converter – Time Difference Calculator \(timeanddate.com\)](https://www.timeanddate.com)*

5. Closing of Meeting

- *The meeting was adjourned by the Chair.*