Appendix F: Taekwondo Participant Development Model

Recreation Stream	Performance Steam

Performance Athlete

Goals: Win at provincial or national and beyond

Disciplines: Sparring - Fighting (Kyeruki) and Competition Poomsae

LTAD: Train to train; Train to compete; Train to win (Active for Life – Re-involvement)

Percent of Participation: 10%

Performance Level: Red and Black Belts Up. Black Belts and Up, (1st poom and up)

Need to Know Skills: Advanced Patterns (Poomsae); Fighting skill; Advanced self defense skills; Optimizing Fitness; Knowledge of TKD rules; Physical skills; Mental skills; Refereeing skills; Tactical skills (attack and defense); Game Management; Refinement of personal technical strength skills

Club (Intermediate) Participant

Goals : As below Plus - Obtain higher level of performance; Colour belt competitions; Learn more advanced techniques.

LTAD Stages: Fundamentals; Learning to Train; Training to Train; Active for Life

Percent of Participation: 30 - 35%

Performance Level: Green to Black Belt – Blue stripe to black stripe (5-1 keup)

Need to Know Skills: Advanced Kicks; Advanced Blocking; Poomsae; Sparring; Tactics (attack and defence); Advanced Footwork; Breaking Techniques; Combination Kicking; Advanced Self Defense; Weapon Skills

Novice Entry Participant

Goals: Fun, good health, self discipline, self defence, self confidence, fitness, affiliation.

LTAD Stages: Active Start; Fundamentals; Learn to Train; Active for Life (Adult)

Percent of Participation: 60%

Performance Level: White to Green Belt – one year experience – White to Green Belt (10-6 keup)

Need to Know Skills: Basic punching; Blocking; Striking; Kicking; Attention/Focus; Stances; Etiquette; Simple self defence; Patterns (Poomsae); Motor Skills; Low level combative skills.

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