

Alberta Taekwondo Team

Training Goals 2011 – 2012

1. To identify talented Alberta Taekwondo athletes with the potential for competition success and encourage their path to competition
2. Provide Alberta Taekwondo competitors with the training and coaching expertise required for them to:
 - a. Improve their game management to succeed at the national level,
 - b. Identify their strengths and weaknesses and implement specific programs to strengthen each, and
 - c. Raise the competition level of Alberta team athletes to align or exceed historically successful provinces, enabling Alberta team athletes to succeed on national and international levels.
3. Build improved Alberta team morale and spirit, to foster an environment for younger competitors to continue to join the ranks of Alberta competitors
4. Expand the ranks of committed Alberta team members for both junior and senior competitors
5. Develop supportive networks with Alberta do-jang masters to support athlete performance at regional and local tournaments, with a goal of improving athletic performance at national competitions
6. Provide leadership, support, and counsel to improve Alberta Taekwondo Team competition results at the provincial, national, and international level.

Alberta Team Training Plan 2011 – 2012

Training phase	Training goal	Timeline
General preparation phase Building power, speed, endurance, (general strength) and fundamental kicks	Acquisition 1	Training 1: October 15, 2011
	Acquisition 2	October 22 – no training due to Grandmaster Min's tournament
	Acquisition 3	Training 2: October 29, 2011
Specific preparation phase Building specific tae kwon do speed, power, endurance	Acquisition 1	November 5 – no training due to Tiger Challenge tournament
	Acquisition 2	November 12 – no training due to Remembrance Day weekend
	Acquisition 3	November 19 – no training due to Whitecourt tournament
	unloading	Training 3: November 26, 2011
Pre-Competitive phase Building specific intensive tae kwon do techniques and sparring endurance training	Specialization 1	Training 4: December 3, 2011
	Specialization 2	Training 5: December 10, 2011
	Specialization 3	Training 6: December 17, 2011
	Specialization 4	December 24 – no training due to Christmas holidays
	unloading	December 31 – no training due to New Year's Eve
Competitive phase Building a specific game management, game plan, mental preparation, final stage of competition preparation	Specialization 1	Training 7: January 7, 2012
	Taper	No training: January 12 - 15, 2012 –Junior Nationals & Olympic Team Trials
	Recovery	No training: January 21, 2012 – recovery from National tournament
	Specialization 2	Training 8: January 28, 2012
	Specialization 3	Training 9: February 4, 2012
	Taper	Training 10: February 11, 2012

Alberta Team Training

Website information

Alberta Taekwondo black belt students who would like to compete at the junior (under 17 years old) or senior (over 15 years old) level in the 2011 – 2012 competition season are welcome to attend the following training sessions. Prior to the first training session, please have your do-jang master send an email confirming your name, age, belt rank, and weight category that you wish to compete in.

Competitors are expected to bring and wear their complete sparring gear, including mouth guard, for each training session. In addition, competitors are asked to each bring two kicking targets, 'volleyball' knee pads (for injury prevention) and a notebook and pen.

Please confirm your attendance at each of the training sessions. If fewer than 6 competitors have confirmed that they will attend, the Calgary training will be cancelled. Please email your attendance to Master Joo-han Cha at mastercha@redpx.com by Thursday at 4pm before each Saturday's training.

Alberta Team training (Athletes from all Alberta)

Location: Master Lim's do-jang in Red Deer

Day/Time: Sunday from 1:00 p.m. - 3:00 p.m.

Team Training 1: October 16th, 2011
Team Training 2: October 30th, 2011
Team Training 3: November 13th, 2011
Team Training 4: November 27th, 2011
Team Training 5: December 11th, 2011
Team Training 6: December 18th, 2011
Team Training 7: January 8th, 2012
Team Training 8: January 22nd, 2012
Team Training 9: February 5th, 2012

Alberta Team South Team Training in Calgary:

Location: Red Phoenix Tae Kwon Do - at #203, 2705 Centre Street N.W.

Day/Time: Saturday afternoon from 1:00 p.m. - 2:30 p.m

- Training 1: October 15, 2011
- No training: October 22 – due to Grandmaster Min's tournament
- Training 2: October 29, 2011
- No training: November 5 – due to Tiger Challenge tournament
- No training: November 12 – due to Remembrance Day weekend
- No training: November 19 – no training due to Whitecourt tournament
- Training 3: November 26, 2011
- Training 4: December 3, 2011
- Training 5: December 10, 2011
- Training 6: December 17, 2011
- No training: December 24 – no training due to Christmas holidays

- No training: December 31 – no training due to New Year's Eve
- Training 7: January 7, 2012
- No training: January 12 - 15, 2012 –Junior Nationals & Olympic Team Trials
- No training: January 21, 2012 – recovery from National tournament
- Training 8: January 28, 2012
- Training 9: February 4, 2012
- Training 10: February 11, 2012

Alberta Team North Team Training in Edmonton:

Location: Tiger Taekwondo - at 7619 - 104 Street

Day/Time: Saturday from 11:00 a.m. - 1:00 p.m.

- Training 1: October 15, 2011
- No training: October 22 – due to Grandmaster Min's tournament
- Training 2: October 29, 2011
- No training: November 5 – due to Tiger Challenge tournament
- No training: November 12 –due to Remembrance Day weekend
- No training: November 19 – no training due to Whitecourt tournament
- Training 3: November 26, 2011 - **no training in Edmonton**
- Training 4: December 3, 2011
- Training 5: December 10, 2011
- Training 6: December 17, 2011
- No training: December 24 – no training due to Christmas holidays
- No training: December 31 – no training due to New Year's Eve
- Training 7: January 7, 2012
- No training: January 12 - 15, 2012 –Junior Nationals & Olympic Team Trials
- No training: January 21, 2012 – recovery from National tournament
- Training 8: January 28, 2012
- Training 9: February 4, 2012
- Training 10: February 11, 2011