

# Taekwondo Australia



PSS  
*practical training*

Sports  
*psychology*



Sports  
*science*

Daedo  
PSS System

Lajust  
PSS System

Belgium National Coach Rudy Pilgrims

Sparring Training Camp

11 December 2011 - Melbourne, Victoria

18 December 2011 - Brisbane, Queensland

Register On-line @ [www.taekwondoaustralia.org.au](http://www.taekwondoaustralia.org.au)

Applications Open 3 November 2011 - 5 December 2011

Unless Previously Sold Out

Numbers Strictly Limited

## Your Invitation

It gives us much pleasure to invite Taekwondo Australia athletes and their coach to participate in this unique Sparring Training Camp under the guidance of the Belgium's Senior National Coach, Rudy Pilgrims.

Rudy Pilgrims comes to us with a renowned international coaching reputation and has several of his own athletes on the Belgium National Taekwondo Team who have competed at the European and World Championships. Rudy's success as a coach has been comprehensively accomplished by his understanding of current trends, techniques and scoring systems.

In addition, the camps will also include sports science seminars covering periodisation and sports psychology to enhance the athletes competition competencies. These exclusive seminars will be delivered by Dr Raul Landeo (Taekwondo Australia's Education and Sports Development Manager) and Professor Ian Snape (Qualified NLP Trainer).

We sincerely hope that Athletes and their Coaches will take the opportunity to participate in these exceptional series of camps, which without doubt, will be one of Australia's premier Taekwondo instructional event of 2011. Details of the camp program and the steps that you need to take to ensure you have the opportunity to participate in this prestigious event can be found in the enclosed information.

Taekwondo Australia is subsidising these camps and making them available to the top 15 female and 15 male TAPS athletes on a funded basis, inclusive of travel expenses for interstate athletes, to ensure that our members have access to the very best in sparring tuition at competition level.

The National Sports Committee would like to express its thanks to Alf Delorso and Michael Tan for their assistance with the organisation of the camps.



John Gradisar  
Chief Executive Officer



## Seminar and Camp Information

- Hosted by:** Taekwondo Australia Ltd
- Dates:** Sunday 11 December 2011 (Victoria Camp)  
Sunday 18 December 2011 (Queensland Camp)
- Venue:** **Victoria** - Powerhouse Taekwondo – Unit 3/1880 Hume Highway, Campbellfield, Victoria.  
**Queensland** – Brisbane venue to be confirmed.
- Applications:** Applications open: Thursday **3 November 2011**  
Applications close: Monday **5 December 2011** (*Unless sold out beforehand*)  
Apply online at [www.taekwondoaustralia.org.au](http://www.taekwondoaustralia.org.au). Payment can be made by Visa or Mastercard.  
Entry information and changes can be made by using the reference number of your application. Refunds will be processed in accordance with the Taekwondo Australia Refund Policy which is available on the application page.
- Enquiries:** Angela Eagling email [admin@taekwondoaustralia.com.au](mailto:admin@taekwondoaustralia.com.au) or phone 1300 TKD AUS (1300 853 287)
- Eligibility:** Athletes must be a minimum 16 year old black belt and a registered Taekwondo Australia Sports Member at date of application.  
Coaches must have an athlete participating in the camp.
- Limited Numbers:** In order to ensure that participants gain maximum benefit from the camp, numbers will be strictly limited on a first come basis and registrations for some seminars or the camp may be closed off.
- Applications Close:** Monday **5 December 2011 - 12:00 Midnight EST.**  
Unless SOLD OUT previously.
- Uniform Requirements:** Black V neck dobok must be worn and a Taekwondo Australia badge on the left shoulder is compulsory for all participants. Training shoes are not to be worn.
- Liability:** While all care is taken, the organisers and their representatives can take no responsibility, under any circumstances, for any damages, injuries or loss to individuals or equipment.
- Medical Condition:** If you suffer from a medical condition which may necessitate professional medical care, please advise the Course Co-ordinator at the *Enquiries* email address.
- Privacy:** Personal details collected are solely for the purpose of the camp involved.

# Programme

## Sparring Training Camp

Sunday 11 December 2011 (Victoria)

Sunday 18 December 2011 (Queensland)

9:30 am	Registration:
10:00 am	Group 1 – Practical Session Group 2 – Sports Science Seminars
12:00 pm	Lunch
1:00 pm	Group 1 – Sports Science Seminars Group 2 – Practical Session
3:00 pm	Open Forum with Rudy Pilgrims, Dr Raul Landeo, Dr Ian Snape
4:30 pm	Camp Concludes

## Camp Outline

These national camps are designed for Athletes and their Coaches to gain a better insight into Sports Science information and the latest training methods and tactics used by overseas athletes at the elite level, practicing on both the Lajust and Daedo Protective Scoring Systems, in order to gain a competitive edge.

## About The Presenters



Rudy Pilgrims

Mr Pilgrims is a 5<sup>th</sup> Dan in Taekwondo and the Head Coach of Nong Jang Belgium and his athletes have won many medals on the Europe A Tournament circuit. His athletes have qualified for the Junior and Seniors European Championships, Junior and Seniors World Championships, European Universiades Championships, World University Championships, Universiades and Qualifying Tournaments for the Olympic Games. He regularly conducts training camps in many countries and is the current Technical Coordinator and Trainer for the Province of Flemish Brabant and Brussels.



Dr Raul Landeo

Dr Landeo is a 4<sup>th</sup> Dan in Taekwondo and a lecturer in Biomechanics in the School of Exercise Science at ACU in Sydney. His research interests lie in the Biomechanics of kicking in Martial Arts, covering aspects of muscle mechanics and function during fast actions. Dr Landeo has previously served as Head of the Research Unit at the Peruvian Institute of Sports, and has also coached the Peruvian Taekwondo Team. He currently serves as an adviser and presents lectures to the Coaching Education Unit of Taekwondo Australia



Prof Ian Snape

Professor Snape has been studying martial arts for 25 years and has black belts in Taekwondo and Hapkido. He is employed as a scientist where he leads and coaches teams and individuals for the challenges of polar expeditions. He is also an occasional diver, expert skier and mountaineer, and a qualified Neuro Linguistic Programming trainer (NLP). He uses NLP to model and then apply neurological processes that excel in the extremes of human achievement (high risk sports, leadership and team dynamics) to coach individuals to achieve their goals. His training is fast, dynamic, experimental and generative.

## Fee Schedule

**Registration fees:** Athlete registration fee of \$80 is payable online by credit card at time of registration. There is no charge for Coaches, but they must have an athlete registered.

The top 15 Female and Male TAPS athletes will be individually advised of their funding support level based on their TAPS Ranking which will be:

- Gold – Top 5 Female and Male 75% funding support
- Silver – Next 5 Female and Male 50% funding support
- Bronze – Next 5 Female and Male 25% funding support

All entries close on **Monday 5 December 2011**

**Any requests for refunds must be submitted via email to**

Angela Eagling

[admin@taekwondoaustralia.com.au](mailto:admin@taekwondoaustralia.com.au)