

TKD500 INSTRUCTIONS

WEEKS BEFORE THE EVENT

- Start telling your students about the TKD500
- Publish the date and ask students to put it in their calendars
- Practice the events and the technical standards in class
- Encourage students to practice the techniques at home
- Send the video and sheet of the technical standards to students

Optional

- Do “mini practices” as a TKD100 in class (100 instead of 500 of each technique)

Future – when the event testing is finished

- Choose a local cause or charity to raise money for with an entry fee for the event
- Choose the entry fee

BEFORE THE EVENT

- Print out and staple the TKD500 recording sheets
- Remind students when the event is taking place
- Organise kicking shields and focus mitts to be available on the day
- Acquire lots of pens for recording
- Ensure there are some extra instructors/black belts available on event night who can either help oversee the event or fill in as extra team members where teams are short

Choose one

- Ask students to bring cell phones to use as stopwatches
OR
- Acquire stopwatches

ON EVENT DAY

Six phases of the event:

1. Welcome
2. Getting the groups and equipment ready
3. Testing the stopwatches
4. Demonstration of technical standards
5. Start of competition
6. Finish of competition

1. Welcome

Read the following:

Welcome to the TKD 500! This week you are joining Taekwon-Do clubs all over the country to compete in this inaugural event.

Very shortly, we will be starting. But first, we're going to get you setup and go through the technical standards and expectations so that everybody knows what they are doing.

2. Groups & Equipment (5 minutes)

- Ask students to organise themselves into groups of 4
 - There may be some students who really want to work together to get the fastest time and have arranged to compete together in advance, so allow this – as it is a speed competition
 - It is a good idea to have some of the instructing team/black belts/extras available to help fill numbers if there are uneven teams
 - If you have injured students who are keen to be involved, they can help with “judging” (checking technique is up to scratch) OR it is entirely possible for a team to be made up of 3 people who do the technical and 1 who does the recording, presuming the other 3 are happy to take on the full burden of the physical activity
- Direct the groups to get themselves:
 - A recording sheet
 - A pen
 - A kicking shield
 - A pair of focus mitts
 - Their water bottles
 - A smartphone OR stopwatch

Read the following:

Each group needs to come up with a team name and write it at the top of each sheet of your recording sheet. The names of each group member need to be on the first page of the recording sheet where indicated. I'm going to give you 2 minutes to do this. If you do this quickly, you can use the left over time to discuss your strategy for the competition. Go!

3. Stopwatch Test (3 minutes)

Read the following:

It's time to check whether your stopwatch is working properly. When I say, each person in your group needs to have a try at starting and stopping your stopwatch as it might be you who is operating it when your group starts or finishes.

Only if using a smartphone:

You will need to make sure your phone display is set so that it isn't going to time out and require the next person to use a code to unlock.

Continue:

When you have all tried using the stopwatch, set your stopwatch back to starting position. One of us will come round and check your stopwatch is set to zero. Go.

4. Demonstration

Read the following:

Let's review the technical standards.

Have a quick run over the technical standards sheet with some students ready to demonstrate.

Read the following:

As a team you will need to complete 500 side piercing kicks, squats and punches, in any order, according to the technical standards.

When you are recording, you will need to tick off completed repetitions in sets of 10. Anything you do not see does not recorded.

If a technique doesn't meet the technical standards, you must not record it. We are trusting your integrity when you record the movements on your recording sheet.

If you are unable to perform a movement to the given technical standard, you should not perform that movement and only perform the movements you can technically achieve.

*You will need to swap recording, performing techniques, holding pads and watching the stopwatch. **Only one person from your team can be performing a technique at a time.***

When you finish, the person in charge of the stopwatch at the time will need to stop the timer and record your final time while the rest of the team puts their hands up so the judges know you're finished.

If the judge spots that there are boxes left unfilled, you will need to restart your stopwatch and complete the remaining techniques and this will become your "final time".

Ask if there are any questions.

5. Competition Starts

Read the following:

It is time to start the competition. Get your stopwatches and your first person doing the techniques ready to start. In 20 seconds, I will countdown from three. Start your stopwatch and your techniques when I say go.

(Wait 20 seconds and get ready to record the time the event started just in case there are stopwatch accidents).

3, 2, 1, GO!

As students start competing, check around the groups that the stopwatches are indeed in action and that the groups are following the intended instructions.

6. Competition Finishes

- As each team finishes, check that the recording sheet has all spaces ticked. If any spaces are blank, the time must be restarted and the incomplete techniques finished. The new time becomes the “final time”.
- Collect the completed recording sheets

Future – when the event testing is finished

- Prize for the winning team?
- Send in your top 3 times with the associated team names and members to the overall event co-ordinator within 48 hours
- Let the overall event co-ordinator know how much money you raised within 48 hours