



**Australian
Taekwondo**

Coach Education Framework

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AUSTRALIAN TAEKWONDO COACHING FRAMEWORK

Coach Education is a key component of Australian Taekwondo's strategic plan, with the objective of improving the standard of coaching from grassroots to elite. To meet this objective the coaching pathway has been reviewed and expanded to provide further education opportunities for all coaches within the Australian Taekwondo community.

Coaches at all levels play a crucial role in ensuring that Taekwondo is an enjoyable experience for everyone, as well as laying the foundation for the development of better players.

Taekwondo participants can be divided into two streams: those that are playing for fun, and those that are playing to reach the highest level possible.

These are often referred to as 'martial art' and 'sport'.

To reflect the two streams and better meet their differing needs, our Education Programs have also been divided into two pathways:

The Foundation courses are structured around how clubs operate and are easy to access and affordable these courses are for those coaching at club level

The Talent courses are focussed on elite athletes with intensive courses aimed at those who intend to become High performance coaches producing podium results for Australia at benchmark events

Coaches may choose to participate in one or both streams as needed.

AUSTRALIAN TAEKWONDO COACHING PATHWAY

Australian Taekwondo has recently updated its Coach Accreditation Framework. All training programs are registered with the Australian Sports Commission and form part of the National Coaching Accreditation Scheme (NCAS)

The new Coaching Pathway is as follows, and follows the 'FTEM' model of development:



ACTIVE LIFESTYLE

SPORT

SPORT EXCELLENCE

COACH PATHWAY



M¹ MASTERY
SUSTAINED SUCCESS

E² ELITE
SUCCESS

E¹ ELITE
REPRESENTATION

T⁴ TALENT
BREAKTHROUGH
AND REWARD

T³ TALENT
PRACTISING
AND ACHIEVING

T² TALENT
VERIFICATION

T¹ TALENT
DEMONSTRATION
OF POTENTIAL



HIGH PERFORMANCE PATHWAY

F³ FOUNDATION
SPORT SPECIFIC COMMITMENT
AND/OR COMPETITION

F² FOUNDATION
EXTENSION AND REFINEMENT
OF MOVEMENT

F¹ FOUNDATION
LEARNING AND ACQUISITION
OF BASIC MOVEMENT

HIGH PERFORMANCE COACH

PERFORMANCE COACH

SPORT TALENT COACH

CLUB TALENT COACH

Foundation
Taekwondo
Coach

HIGH PERFORMANCE COACH

HIGH PERFORMANCE COACH (New course)

A High Performance coach has the demonstrated ability to prepare athletes to successfully compete for medals at International events and ultimately World Championships or Olympic games as members of the Australian Taekwondo team. The High Performance coach should have the skills to structure a complex training environment that allows for progression from both national representative to International podium and benchmark event podium results. The performance coach should have the experience and knowledge to provide coaching leadership and serve in a mentoring or educational role to assist coaches at lower levels.

PERFORMANCE COACH

PERFORMANCE DEVELOPMENT COACH (New course)

This coach is competent to plan, conduct and evaluate advanced training programs suitable for athletes achieving National Senior team selection. The Performance development coach should have the skills to structure a complex training environment that allows for progression from Junior National team member to Senior National team member. The performance coach should have the experience and knowledge to provide coaching leadership and serve in a mentoring or educational role to assist coaches at lower levels.

SPORT TALENT COACH

SPORT TALENT COACH (New Course)

This coach is competent to plan, conduct and evaluate advanced training programs suitable for black belt athletes competing at National team selection championships. A sport talent coach has demonstrated the ability to train athletes who have achieved national junior team qualification to benchmark events. The Sport talent coach should have the skills to structure a complex training environment that allows for a progression from Club to National junior team.

CLUB TALENT COACH

CLUB TALENT COACH (Old Level 1)

This coach is competent to plan, conduct and evaluate a range of training programs suitable for the diverse range of ages and abilities found among club athletes. A club talent coach must plan and supervise training to best prepare athletes of different ages, abilities and goals to achieve their potential. All club development coaches should have the skills to prepare athletes for club, interclub, state and national level competitions. The Club talent coach should also have the ability to provide coaching leadership & serve in a mentoring role.

FOUNDATION COACH

FOUNDATION TAEKWONDO COACH (NEW LEVEL)

This coach is qualified to deliver basic training sessions that develop the Taekwondo technique of novice and juniors – this is generally defined as children 12 years and under who are still acquiring the skills needed to train successfully. The coach works in a supervised environment with “on the job training” under the guidance of a mentor coach with appropriate qualifications.