



www.taekwondo.ie

LEVEL 1 ASSISTANT COACH AWARD



This course is aimed at developing assistant coaches and enabling them to assist senior coaches in the delivery of training sessions.

Over the course of two weekends, you will be challenged to think and act as a coach throughout lectures, group work, tasks, practical coaching activities, observation and peer review and through this gain confidence in your ability to fulfil the role.





COURSE OBJECTIVES

- Enable coaches to introduce participants to ITF Taekwon-Do in a safe, progressive and enjoyable way
- Equip participants with basic coaching skills which they can develop under the supervision of a senior coach
- Identify key factors in working with young participants.

COURSE DETAILS

The Level 1 ITF Taekwon-Do Assistant Coach Award is a 4 day in person programme delivered by trained Coach Developers. This is supported by online learning resources and the completion of a learner portfolio. Attendance at all sessions and satisfactory completion of all tasks and assessments is required for certification

Dates: 25th April 2026 | 10am - 6pm
26th April 2026 | 10am - 6pm

23rd May 2026 | 10am - 6pm
24th May 2026 | 10am - 6pm

Cost: €300

Venue: Shannon Sport Taekwon-Do
Unit M1A
Smithstown
Shannon
V14 X329



OUR PROGRAMME



The Level 1 ITF Assistant Coach Award is the second stage in the coaching pathway. It is required to progress to the IMAC Level 2 Senior Club Coach Award.

You will think and act as a coach as you consider topics such as:

- The dynamics of the coach and assistant coach relationship
- The needs of young athletes
- The development of a love of Taekwon-Do
- Developing physical literacy
- Coaching methodologies and practices appropriate to the age and level of development of the athlete
- Planning progressive sessions
- Reflective practice and the development of a personal coaching philosophy

We recommend this programme to all Taekwon-Do Black Belts aged 18 and over who have an interest in helping with coaching in their Club or who would like to lead their own club in the future.

ENTRY REQUIREMENTS



You must be aged 18 years or over
You must hold a grade of 1st Dan or higher.
Sign the IMAC code of Ethics and Child Protection Policy.

In addition the following certificates must be presented:

- Introduction to Coaching ITF Taekwon-Do
- Safeguarding 1
- IMAC Garda Vetting Certificate
- Sports First Aid / Occupational First Aid

We advise at least 6 months of practice in a coaching role between completing the Introduction to Coaching and undertaking this award.

Register by completing the Google Form linked in the email / webpage

You will then receive an email with an invoice for payment of the course fee of €300 by bank transfer or credit/debit card.

You will need to arrive in Track Suit / Sportswear and bring Dobok, Belt and Sparring Equipment with you.

Tea/Coffee and biscuits are provided throughout the programme but we recommend bringing a packed lunch each day, especially if you don't have access to a car.

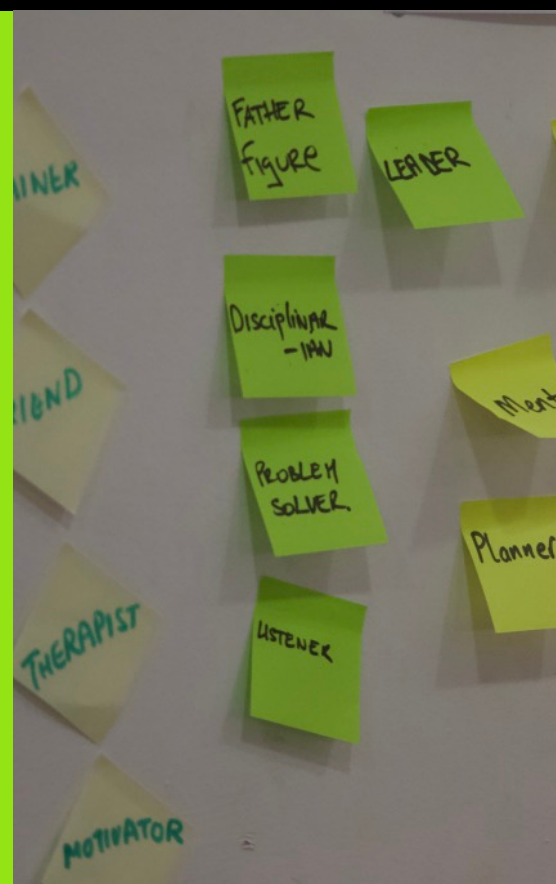
The course is a blend of class based and on the mat practical presentations. You will be involved in your own learning and contribute to the learning process.

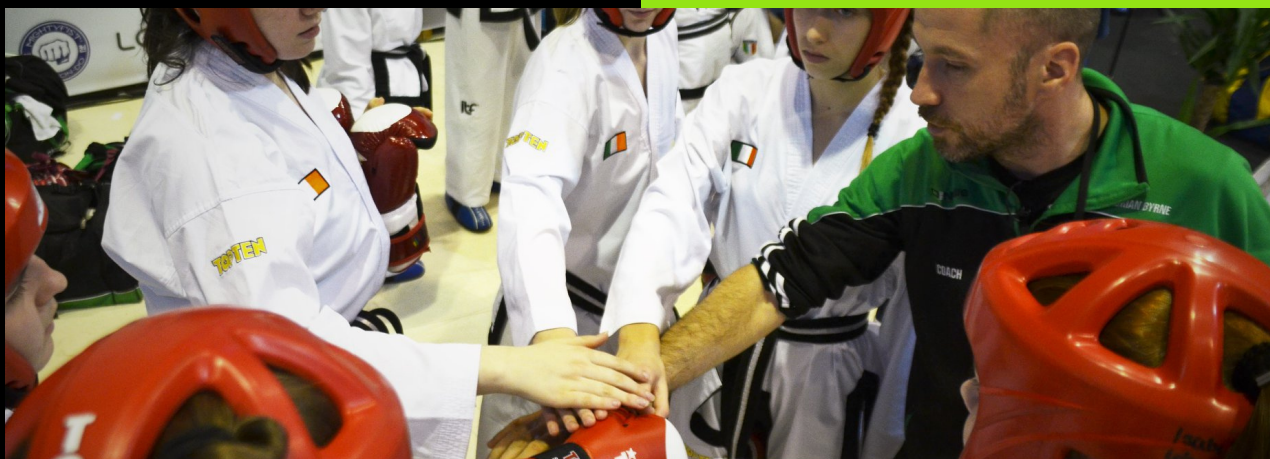
You will act as the coach, assistant coach and as the student at various times throughout the weekend.

You will have access to online resources and physical resources to assist you and support you in your coaching.



WHAT TO EXPECT





CONTACT INFORMATION

www.taekwondo.ie

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