

18th INTERNATIONAL DO COURSE

Report

The 18th ITF International Do Course (IDC) was held online on 19 April and 3 May 2026. It was conducted in Spanish by the Do and Ethics Committee, which included Master Janel Gauthier (Chair) and, in alphabetical order, Grand Master Abelardo Benzaquén (Argentina), Master Andreu Martínez (Spain), and Master Joliette Trân (Canada). For the very first time, a Zoom feature designed to provide real-time translation of spoken content into captions in different languages was enabled and used during an IDC conducted in Spanish to help non-native Spanish speakers follow along even if they do not understand Spanish.

This IDC was the largest online IDC ever held. It brought together 351 registered participants from 24 countries, namely (in alphabetical order): Argentina (233), Bolivia (4), Brazil (3), Chile (13), Chinese Taipei (1), Colombia (27), Cuba (2), Dominican Republic (3), England (2), Finland (1), Guatemala (2), Ireland (1), Italy (6), Jamaica (1), Japan (5), Kazakhstan (4), Latvia (5), Morocco (1), Netherlands (1), Paraguay (18), Peru (2), Spain (4), United States (11), and Uruguay (1). Among them were: 1 Grand Master (namely, GM Rubén Suarez, United States); 22 Masters, including 4 with an 8th-degree black belt (namely, in alphabetical order, Master Hector Mengoni, Master Edgardo Villanueva, and Master Myrian Zarate, all from Argentina; and Master Orlando Saccomanno from Italy); and 63 Instructors, including 26 with a 6th-degree black belt. Participants also included the Chair of the ITF Merger Committee, Master Gustavo Livon from Brazil.

During the IDC, participants had the opportunity to learn about a broad range of topics and reflect on many of them. Those included, but were not limited to, the following: (1) the moral culture of Taekwon-Do; (2) the origin and meaning of the word “Do”; (3) the tenets of Taekwon-Do (courtesy, integrity, perseverance, self-control, and indomitable spirit); (4) the Student’s Oath; (5) the development of moral reasoning from childhood to adult; (6) the relations between the psychosocial determinants of human behaviour and the relevance of psychological knowledge in the teaching of Do and the building of moral character; (7) ethical decision-making and how to resolve moral dilemmas; (8) motivation and perseverance; and (9) the integration of the teaching of Do into the teaching of Taekwon-Do (general guidelines and tips).


A wide range of activities was used to capture and maintain participants’ attention throughout the day (and for some, throughout the night). For example, participants were polled and challenged with quiz questions during presentations. At other times, participants met in small groups in virtual breakout rooms to discuss a particular issue or find ways to address it before returning to the main meeting room to share some of their ideas with the whole group. Still, at other times, they were challenged with thinking exercises designed to spark their interest and curiosity. In addition, PowerPoint presentations and demonstrations were used to help participants better understand the information presented during the course. A few days before the opening of the IDC, participants were given a link to a web page where they could download a PDF copy of the document showing the slides that would be presented during the course.

Since the 1st of April 2025, ITF members who wish to apply for promotion to 4th degree black belt and above are required to attend at least one IDC during their waiting period to be eligible for testing. The next online IDC will be held on 1 and 15 November 2026 and will be conducted in English. The scheduling of the online IDCs for 2027 will be announced by the end of this year on the ITF website at <https://itfkd.sport/events/category/international-do-course/>

Yours in Taekwon-Do,




*Master Janel Gauthier, Prof. Dr.
Chair, I.T.F. Do and Ethics Committee*




El lamento del General Choi

"...La única manera de conseguir el estatus de practicante de Taekwon-Do es ir más allá del aspecto técnico y establecer un estilo de vida basado en un código moral sólido. De hecho, todos los años de duro entrenamiento no serán más que una pérdida de tiempo si no van acompañados de la modestia y el decoro, que son la esencia misma de la filosofía oriental." – Moral Guide Book, p. 9.



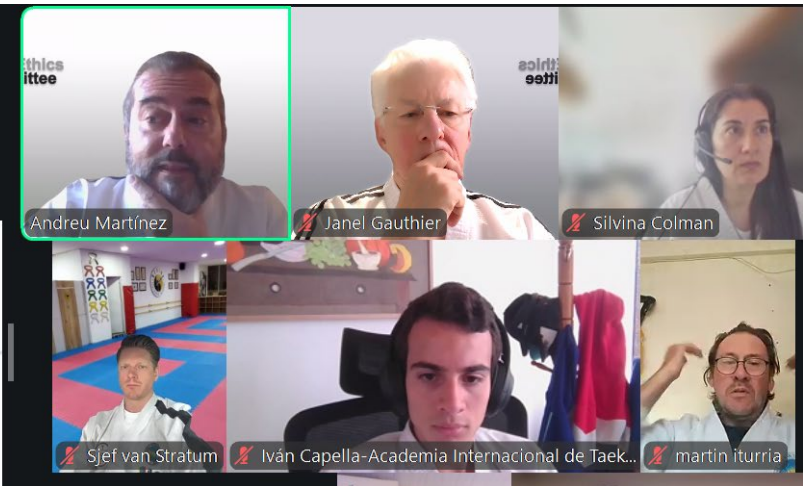
Participants in the video call grid:

- QUEENS TKD CENTER
- Nicolás Martínez
- Sasha Planas
- Guillermo Genaro Canero
- Martin Neiro
- Gonzalo Pacheco
- Edgardo Villanueva
- Fernando Iglesias
- EMA BEATRIZ BODY




Etapas del desarrollo moral

De la infancia a la edad adulta




Participants in the video call grid:


- Andreu Martínez
- Janel Gauthier
- Silvina Colman
- Sjef van Stratum
- Iván Capella-Academia Internacional de Taek...
- martin iturria



Razonamiento moral – Ejercicio de reflexión

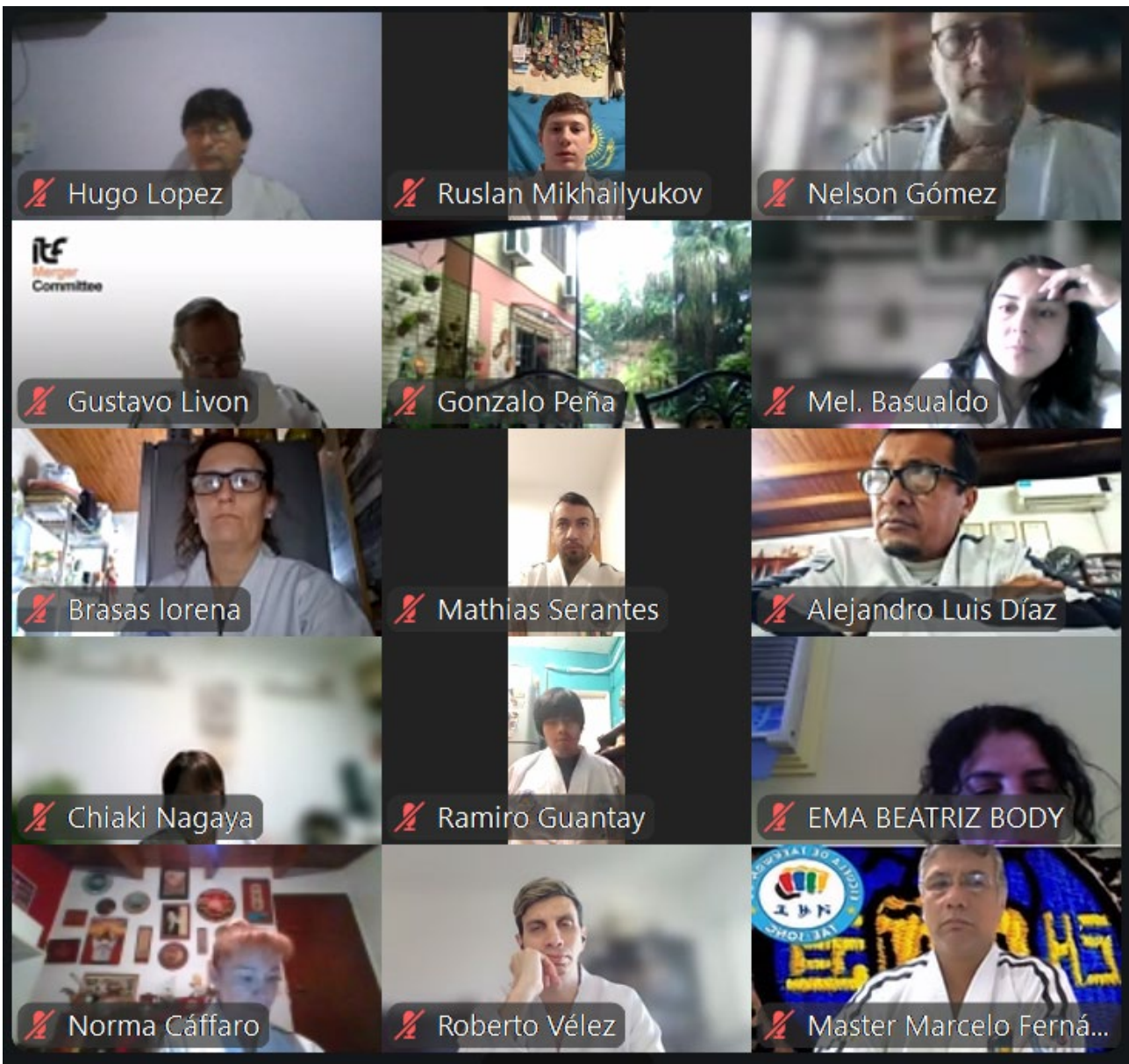
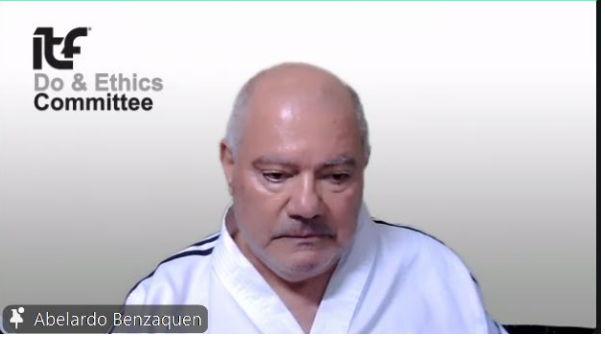
Etapas 5: Contrato Social






Participants in the video call grid:

- Ivan Lobo
- ELIO OSCAR MUERZA
- QUEENS TKD CENTER
- Nicolás Martínez
- Sasha Planas
- Guillermo Genaro Canero







CORTESÍA (Taekwon-Do, por el Gen. Choi, 1999, p. 13)

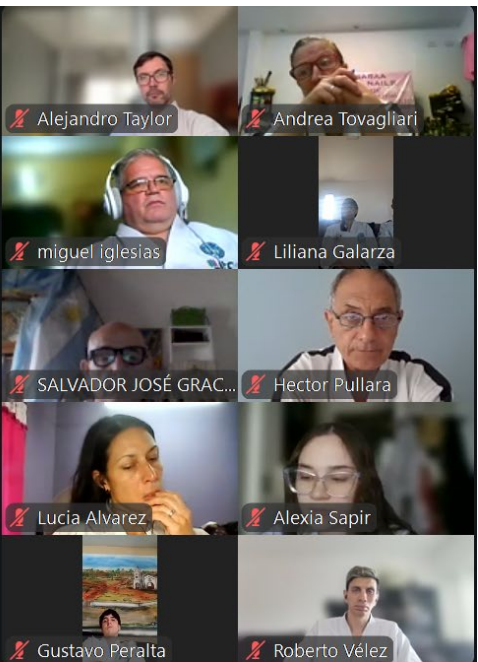
Concesiones mutuas

Avergonzarse de los propios vicios, desdenar los de los demás

Justicia y sinceridad

Justicia y humanidad






Relaciones entre determinantes personales y ambientales







El DO y las personas mayores: El Comité Harmony

El Comité **Harmony de la ITF** (Taekwon-Do adaptado para las personas mayores) tiene como objetivo:

- buscar la participación e integración de las personas adultas y adultas mayores dentro del Taekwon-Do ITF y
- promover el mantenimiento y mejoramiento de la salud y calidad de vida de los estudiantes, buscando beneficios desde el plano físico, mental y social en las personas mayores.

➤ Nunca es tarde para comenzar, **se puede aprender a cualquier edad.**

