



INTERNATIONAL
TAEKWON-DO
FEDERATION



Online International Do Course October/November 2022

What are the dates and times of the International Do Course (IDC)?

Sunday 30 October 2022 and Sunday 13 November 2022 (UTC-time) – From 15:00 to 18:00 (UTC-time), and from 19:00 to 22:00 (UTC-time) on each Sunday.

Please note that, depending on when you switch from Summer Time to Standard Time in your time zone, the UTC-time may not correspond exactly to the same local time on both Sundays.

Who may register for the course?

The course is open to all ITF Taekwon-Do members from 2nd grade/gup (red belt) and above, who also are 16 years of age or older.

How much does it cost to register for the course?

100 euros for the course (a total of 12 hours) and handouts (e.g., copies of PowerPoint presentations).

ITF Board Members and ITF Committee Chairpersons may register for free.

How do I register and pay for the course?

You must contact the Secretary-General of your National Organization to register and pay for the course.

Your National Organization is responsible for forwarding all payments for the course to the ITF.

Receipts for payment are issued by the National Organization that receives payments for the course.

If your name does not appear on the list of course participants, proof of payment may be needed to enter the virtual meeting room and attend the course.

National Organizations that have questions about how to proceed for the registration or payment for the course shall contact the ITF Head Office at itfoffice@itftkd.sport for assistance.

What is the deadline to register for the course?

Monday 17 October 2022.

What will be the language of instructions during the course?

The course will be delivered in English. However, it will be possible to ask questions in Spanish.

Copies of PowerPoint presentations and other course materials will be available in English only.

What does the course cover?

During the course, you will be taken on a journey to explore what it means to be truly a man or a woman of Taekwon-Do (TKD), as defined by General Choi, and how one becomes truly a man or a woman of Taekwon-Do.

Topics for Day 1 and Day 2 will be as follows:

Day 1 – Part 1: Moral culture and TKD; Origin and meaning of the word “DO”; the Tenets of TKD; Student’s Oath; Connecting Do to moral culture, tenets, oath, and goal of TKD; Stages of moral development; Psychology of human behaviour; Self-control (what it is and why it matters; how to develop better self-control; how to teach self-control to TKD students; applications in dojang and daily life).

Day 1 – Part 2: Courtesy (what it is and why it matters; how to become more courteous; how to teach courtesy to TKD students; applications in dojang and daily life); Integrity (what it is and why it matters; how to develop and maintain integrity; how to teach integrity to TKD students; applications in dojang and daily life); Ethical/moral decision making (how to resolve moral dilemmas / conflicts between tenets of TKD).

Day 2 – Part 1: Perseverance (what it is and why it matters; how to develop and strengthen perseverance; how to teach perseverance to TKD students; applications in dojang and daily life); Motivation and goal-setting (how to set effective goals in TKD and life);

Day 2 – Part 2: Indomitable spirit (what it is and why it matters; how to develop an indomitable spirit; how to teach indomitable spirit to TKD students; applications in dojang and daily life); Integration of Do teaching into regular TKD classes (general guideline and tips).

Who is the IDC for?

The course is for all Taekwon-Do practitioners who are interested in studying the Do and developing a way of life based on the moral culture of Taekwon-Do, as well as for all Taekwon-Do instructors and assistant instructors interested in learning how to teach the Do and integrate the teaching of the Do in the teaching of Taekwon-Do. It does not matter if you are an experienced or less experienced Taekwon-Do practitioner or instructor. The course will provide you with a great learning experience that will increase your knowledge and understanding of the Do and the moral culture of Taekwon-Do.

Why should I seriously consider to register for the IDC?

In his last publication, *Moral Guide Book* (2000), General Choi wrote: “...*the only way one can truly achieve the status as a man of Taekwon-Do is to go beyond the technical aspect and establish a lifestyle based on a solid code of morality.*” (p. 9). For him, physical and moral training were two indivisible parts of the study of Taekwon-Do. Without the emphasis on moral development, Taekwon-Do is just a sport, not a martial art. The true nature and spirit of a martial art is in the learning and teaching of the Do, i.e., the “way”, the “right way” as General Choi calls it. For him, the “right way” is the “way paved by the saints and wise people of the past.”

Furthermore, teaching the Do is good for business. With so many businesses competing for the customer’s money and attention, each business has to work hard to set itself apart from its competitors. Those instructors who are able to teach the Do effectively and provide moral training in addition to physical training have a competitive edge on their business competitors. They can offer a product that is unique, needed, demanded, and better than the competition. This means that they can attract more students in their dojang.

Is there an exam for the course?

There is no exam for this course.

Will there be physical activities during the course?

Activities during the course will include primarily actively listening to oral presentations, participating in quiz and group discussions, engaging in thinking and self-reflection exercises, and putting into practice the knowledge and skills learned. Video clips will also be used to show how to use Taekwon-Do exercises and other practical strategies to teach the Do and develop the Tenets of Taekwon-Do.

Will it be possible to ask questions during the course?

Yes, there will be an opportunity to ask questions at the end of each part of the course. However, participants will be asked to submit their questions via the chat facility on the Zoom platform. We will select which questions to answer, focusing primarily on the questions most relevant for the course and the audience.

When will I receive the link to use to join the online course?

The link to use to join the online course will be sent to you by e-mail about a couple of days before the course starts. It will be a Zoom link.

In the same e-mail, you will be provided with information about dress protocol for the course, instructions to follow to be admitted to the meeting room for the course (e.g., the need to enter your full name in Roman alphabet as username when you connect to Zoom), instructions to follow while waiting for the course to start, and instructions to follow during the course as participants in the course.

Will I get a certificate for the course?

Participants who attend the full IDC will receive an officially signed digital certificate certifying that they have successfully completed the International Do Course (I.D.C.) in accordance with the Rules and Regulations of the Federation.

Applicants for promotion to 9th degree black belt are already required to participate in at least one IDC to be eligible for promotion. The same requirement will apply to applicants for promotion to 7th and 8th degree as of January 1st, 2023. A growing number of Instructors, Masters, and Grand Masters are asking the ITF to extend this requirement to applicants for promotion to 4th degree and above.

The IDC certificate that you will receive will be an officially ITF valid document. You will be able to use it to show that you have completed the IDC promotion requirement.

Do I have to attend all parts of the course?

To obtain your certificate, you must attend all parts of the course, that is the full 12 hours. However, if you miss one of the parts, you will still be able to attend the other parts.

If I have a question about the course, who do I contact?

If you have a question about the course that is not answered above, please contact docourse@itftkd.sport or jgauthier@itftkd.sport.