



Lic. Leonardo Oros Duek

Personal information

Document number: 32450747-4
Civil status: Married + 3
Birthdate: 12.08.1975
Country of birth: Uruguay
Date of immigration: 28.08.2002

Idiomas

SPANISH ★★★★★
ENGLISH ★★★★★
HEBREW ★★★★★

Contact

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About Me

My name is Leonardo Oros Duek I am a sports psychologist and teacher at the Wingate Institute in Israel, member of Mental Jump, a consultant provider of sports psychologists to the Israeli Olympic Committee.

I am ITF Taekwon-Do Instructor and Trainer. Black Belt 6th Dan. Treasure of the International Taekwon-Do Federation, Chairman of Inclusion Committee, President of The Israel Taekwon-Do Association, Director of the Taekwon-Do Academy of Israel and Member of the Board Director All Europe Taekwon-Do Federation (A.E.T.F).

I emigrated to Israel from Argentina 21 years ago. I have a Master's degree in Psychology and as a Certified Personal Trainer. I teach Taekwon-Do for children and youth who live in boarding schools and work with children in special education, including mental disorders, behavioral problems and ADHD. In addition, I teach evening classes in community centers and in several schools.

Recently the traditional ITF Taekwon-Do was officially recognized by the Ministry of Sports and consequently I was appointed coach for the Professional Training Courses for instructors in the Taekwon-Do area in Israel.



Education

- 1982-1988 School "Shalom Aleijem - Bialik" [BUENOS AIRES - ARGENTINA](#)
- 1989-1993 School "Hipólito Vieytes" Chartered Accountant [BUENOS AIRES - ARGENTINA](#)
- 1997-2001 Social Psychology [BUENOS AIRES - ARGENTINA](#)
- 1999-2005 BA + MA of Psychology [UNEM](#)
- 2008-2009 Life Coaching. [OFFICE OF COACHES OF ISRAEL](#)
- 2015-2016 Master's Degree in Sports Psychology. [Iberoamerican Society.](#)
- 2015-2016 Sports Psychology. [Dr. Hellen Katz.](#)
- 2017 Start Doctorate in Sports Psychology. [University of Liberquare.](#)



Experience

- 2021-2025 President [All Europe Taekwon-Do Federation](#)
- 2020-2021 President [The Israel Taekwon-Do Association](#)
- 2019-2023 Treasure [International Taekwon-Do Federation](#)
- 2012-2021 Board Member of the AETF [All Europe Taekwon-Do Federation](#)
- 2019-2021 Chairman Inclusion Committee [International Taekwon-Do Federation](#)
- 2019 Founding member of the Andorran Association of Taekwon-Do



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Experience

- 2016-2018 Teacher of Sports Psychology.
[Wingate Institute.](#)
Teacher in the training of elite Sports Soldiers.
- 2016-2018 Teacher.
[Binyamina Community Center.](#)
Teacher.
[Tivon Community Center.](#)
Sports Psychologist.
[Hapoel Zikhron Ya'akov.](#)
Teacher.
[Adanim School - Hadera \(children with mental disorders\).](#)
Coach for International competitions.
[National Team Israel.](#)
Teacher.
[Community Center - Youth Center - Zichron Yaakov.](#)
- 2013-2015 Teacher.
[Community center and schools in Yokne'am.](#)
Teacher.
[Renanim School Zikhron Ya'akov - \(children with disorders of conduct\).](#)
Teacher.
[Community Center - Ya'avetz School - Newly-aged children Arrived - Zichron Yaakov.](#)
Teacher.
[Adanim School - Hadera \(children with mental disorders\).](#)
Coach for International competitions.
[National Team Israel.](#)
Teacher.
[Community Center - Youth Center - Zichron Yaakov.](#)
Teacher.
[Binyamina Community Center - Givat Ada.](#)
Regional Council.
[Hof Hacarmel and Megiddo.](#)
Teacher.
[Pardes Hanna Community Center.](#)
- 2013-2015 Teacher of Sports Psychology.
[Wingate Institute.](#)
Teacher.
[Federation of Schools of Israel.](#)
Teacher.
[Community centers and schools in Yokne'am.](#)
Teacher.
[Renanim School Zikhron Ya'akov - \(children with disorders of conduct\).](#)
Teacher.
[Binyamina Community Center.](#)
Teacher.
[Tivon Community Center.](#)
Sports Psychologist.
[Hapoel Zikhron Ya'akov .](#)
Teacher.
[Adanim School - Hadera \(children with mental disorders\).](#)
Coach for International Competitions.
[National Team Israel.](#)
Teacher.
[Community Center - Youth Center - Zichron Yaakov.](#)



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Experience

- 2007-2009 Clinic for children with learning disabilities and ADHD.
[Binyamina Community Center.](#)
Youth class in special education.
[Megiddo High School.](#)
Teacher.
[Keshet - Democratic School.](#)
Teacher.
[Community Center - Youth Center - Zichron Yaakov.](#)
Teacher.
[Binyamina Community Center - Givat Ada.](#)
Teacher.
[Yokneam Community Center.](#)
Regional Council.
[Megiddo.](#)
- 2006-2007 Clinic for children with ADHD.
[Haifa.](#)
Teacher.
[Community Center - Youth Center - Zichron Yaakov.](#)
Teacher.
[Yokneam Community Center - Tzahronim.](#)
Regional Council.
[Megiddo.](#)
Teacher.
[Keshet - Democratic School.](#)
- 2006-2007 Battle background program.
[Area Afula, MA Megiddo.](#)
Teacher.
[Community Center - Zichron Yaakov.](#)
Teacher.
[Yokneam Community Center - Tzahronim.](#)
Regional Council.
[Megiddo.](#)
Keren Karev program in Schools.
[Northern Region: Afula, M. A. Megiddo.](#)
Teacher.
[Schools of Ein Harod and Gan-Ner.](#)
Maccabi World Movement.
[Kfar Sabar.](#)
Teacher.
[Gan-Ner School, Orot Gilboa Regional Council.](#)
Teacher Course Preparation Army.
[Regional Council of Megiddo.](#)
Teacher Battle fund program Young volunteers of the Civil Guard.
[Zichron Yaakov.](#)
- 2002-2003 Private trainer for a child with problems of conduct accompanied by a clinical psychologist.
Teacher.
[School of Emek Yafe - Afula.](#)
Teacher.
[Givat Hamore Community Center - Afula.](#)



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Experience

- 2002-1999 Taekwon-Do Instructor in sports clubs.
[Buenos Aires - Argentina.](#)
Taekwon-Do Instructor in Elementary Schools.
[Buenos Aires - Argentina.](#)
Taekwon-Do Instructor Groups of disabled children,
Children with Down syndrome.
[Buenos Aires - Argentina.](#)
Hospital intern.
[TOBAR GARCIA.](#)
Hospital intern.
[BRAULIO MOYANO.](#)



Sports education and international experience

- 1985-1998 Taekwon-Do ITF.
[INTERNATIONAL FEDERATION OF TAEKWON-DO.](#)
[ARGENTINE FEDERATION OF TAEKWON-DO.](#)
[MARTIAL ARTISTAS UNIDOS DE TAEKWON-DO ISRAEL](#)
Recognition by the Sports Administration
of the Ministry of Science, Culture and Sport of Israel.
- 2003 Representative of Israel for the first time in a congress
International in Warsaw.
[Poland.](#)
- 2004 International Instructor Course.
[Argentina.](#)
- 2005 Referee in the European Championship Tercina.
[Italy.](#)
Judge at the World Championship in Dortmund.
[Germany](#)
- 2006 International Instructor Course in Budapest.
[Hungary.](#)
International Instructor Course.
[Germany.](#)
Referee in the World Team Championship
in Tegucigalpa.
[Honduras.](#)
- 2007 International Referee in the World Championship.
[Canadá.](#)
International Instructor Course in Viena .
[Austria.](#)
- 2008 Course Organizer for International Instructor.
[Israel.](#)
International Instructor Course in Riccione .
[Italy.](#)
International Referee in the European Championship.
[Poland.](#)
Head of the Israeli delegation and head coach
III World Cup.
[Italy.](#)
- 2009 Personal trainer - Member of the Association of
Trainers.
Judge in the World Championship of Argentina.
[Argentina.](#)
Judge in the European Championship.
[Spain.](#)



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- 2010 International Umpire Course.
[Italy.](#)
Coach in the European Open Cup.
Umpire in the European Championship.
[Sweden.](#)
- 2011 International Umpire Course.
[Italy.](#)
Umpire in the European Championship.
[Slovakia.](#)
- 2012 International Kids Course.
[Spain.](#)
Coach in the World Cup.
[England.](#)
Umpire in the European Championship.
[Slovenia.](#)
I was elected as a member of the board of directors of the European Association.
International Instructor Course in Tel Aviv.
[Israel.](#)
- 2013 International Instructor Course.
[Rusia.](#)
Umpire in the World Championship.
[Spain.](#)
Umpire in the European Cup.
[Bulgaria.](#)
- 2014 Coach in the Cup of Cataluña.
[Spain.](#)
Coach in the European Championship.
[Italy.](#)
Coach in the European Cup.
[Hungary.](#)
Coach of the World Cup.
[Jamaica.](#)
- 2015 Representative of the European Union in the Cup Catalunya.
[Spain.](#)
Coach in the World Championship.
[Italy.](#)
Organized Course in Israel of the team coach leader in the world.
[Poland.](#)
- 2016 Sports psychologist Hapoel Zikhron Ya'akov.
[Giant wheels.](#)
- 2017 Teacher of sports psychology in the institute Wingate.
[Israel.](#)
Teacher of sports psychology in the academy Zimmerman.
[Israel.](#)
Professor of Sports Psychology in the Federation of Israeli schools.
[Israel.](#)
- 2018 Creator of the Fuji Mae Tour instructing more than 600 athletes in 8 seminars through Argentina, Uruguay and Peru.



Courses and Seminars given by me



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- 2020
 - Online Talk between friends
 - Live with the Kids and Harmony committees online
 - First Online International Adapted Taekwon-Do Course
- 2021
 - Online Sport Psychology Workshop
 - First Online Fuji Mae Tour Online with Master Jurek Jedut
 - Second Online International Adapted Taekwon-Do Course
 - Online International Adapted Course for Russian Speakers
 - Third Online International Adapted Course
 - IAC + IKC + IHC Online
- 2022
 - International Adapted Course .
[Paraguay.](#)
 - International Instructor Course.
[Introduction of Adapted Argentina.](#)
- 2023
 - International Adapted Course.
[Andorra.](#)
 - International Adapted Course.
[Finland.](#)