

Report on Slovakia National Team Training Camp in Korea 2024

1. Outline

- 1) Period: 11 May – 16 April 2024
- 2) Participants
 - (1) Coach: OH Hyoungkeun
 - (2) Athletes: Simona Emma Pernischova, Michaela Kaminsk
- 3) Athlete Selection procedure: Athletes were selected through SATKD meeting(28th January 2024)
- 4) Joint training with: Kyunghee university, Korea national sports university, Seoul Sports high school, Dongeui University, Susung Professional team
- 5) Purpose
 - (1) To have trainings with high level of Korea Taekwondo athletes to improve performance
 - (2) To have Korean cultural experience
- 6) Budget: All expenses secured from DSN company's sponsorship

2. Schedule

Period	Activities	Note
11 March	Departure: Budapest → Incheon	
12 March	Arrival to Korea and trip to Seoul	
13 March	Visiting to KUKKIWON	
14-15 March	Training at Kyunghee univ.	
16 March	Visiting to Starfield shopping mall	
17 March	Visiting to Hongic Univ. Street	
18-22 March -	Training at Kyunghee univ	
23 March	Visiting to Samsung museum	
24 March	Visiting to Gyeongbokgung Palace & Gwanghwamun	
25-29 March	Trainings with Korea national sports univ., Seoul sports high school	
29 March	Visiting to Lotte world aquarium & Sky tower	
30-31 March	Visiting to Olympic park, Haeundae beach	
1-6 April	Dongeui univ.	
7 April	Massage, Visiting to sports museum	
8-12 April	Trainings at Susung professional team	
13-15	Visiting to Everland, Dongdaemun shopping center	
16 April	Arrival: Incheon → Budapest	

3. Trainings

1) Kyunghee university

- There were usually trainings twice a day with about 40 athletes, but because of intensive and strong trainings for us, and to avoid injuries, we had a training once a day.
- Had physical trainings, including weight circuit training, running, interval training etc., .
- Had tactical trainings, kicking with targets, sparrings, etc.,.
- Found out that our athletes lacked of physical strength such as power, flexibility, speed comparing to Kyunghee univ. athletes
- Overall, had good trainings, including physical strength and Taekwondo training
- Learned need for having good attitude and make powerful and energetic mood for trainings.
- Making good training atmosphere form saying Kihap louder, Cheering up each other, etc., is really imperative, which helps make athletes do trainings harder and more efficiently
- We learned it through the trainings with the athletes from Kyunghee univ.





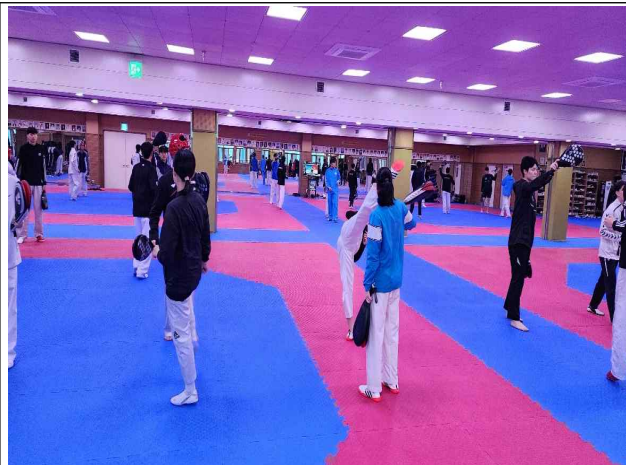




2) Korea national sports university, Seoul Sports high school

- There were usually trainings twice a day(afternoon, night) with about 70 athletes.
- We had all afternoon trainings but had one night trainings because of intensive and strong trainings for us, and to avoid injuries.
- Focused on sparrings in PSS system and that was a good chance to have sparrings from various athletes having different physical conditions and technics
- Practice power kicks, cut kicks, and high kicks.
- Overall, could analyze and learn what do we need more and correct
 - lost many point in a clinch situation
 - Need to develop tactics for in a clinch situation such as short body kicks and hook kicks to head
 - Need to be more powerful and aggressive to opponents (ex: No need to have step back after doing cut kick first. Cut kick first and connection kicks)







3) Dongeui univ.

- Had a training with about 50 athletes from 15:00 – 18:00
- Had hard training for both physical and Taekwondo trainings
- Showing better performance and having better confidence
- Reminded our athletes to improve and develop thechnics we need
- Overall, we were getting better and better for both physical and technics

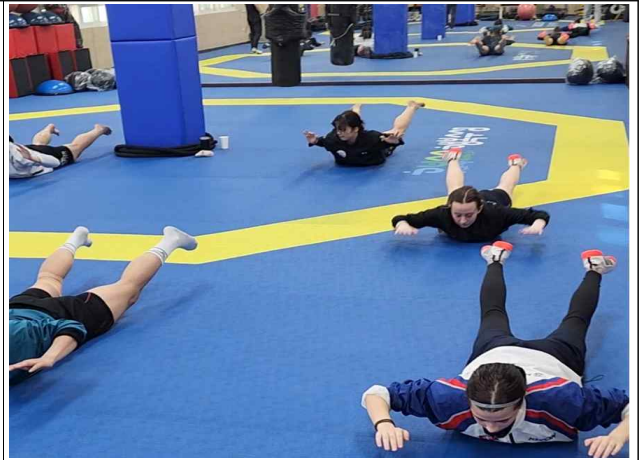






3) Susung Professional Team

- There were usually trainings twice a day(morning & afternnon) with about 8 athletes.
- Had all trainings with both better physical and mental strength
- Had strong physical trainings such as weight circuit training, interval training, Tabata, running, etc,.
- Basic technincs including step with wearing weight vest, kicks with wearing tube.
- Practice powerful kicks, multiple kicks and turnning technincs
- Sparring in PSS system and showed better performance
- Overall, improved physical, mental strength and technics







3. Korean cultural experience

- During weekend and rest days, we went to some tourist sites and historical areas.



Kukkiwon



Kukkiwon



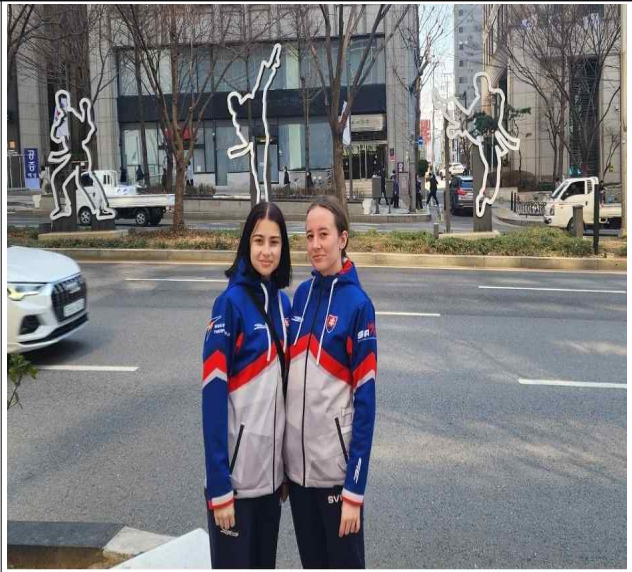
Kukkiwon



Kukkiwon



Seoul Gangnam



Seoul Gangnam



Seoul Gangnam



Seoul coex



Seoul Hongik univ. street



Seoul Hongik univ. street



Seoul Hongik univ. street



Seoul Hongik univ. street



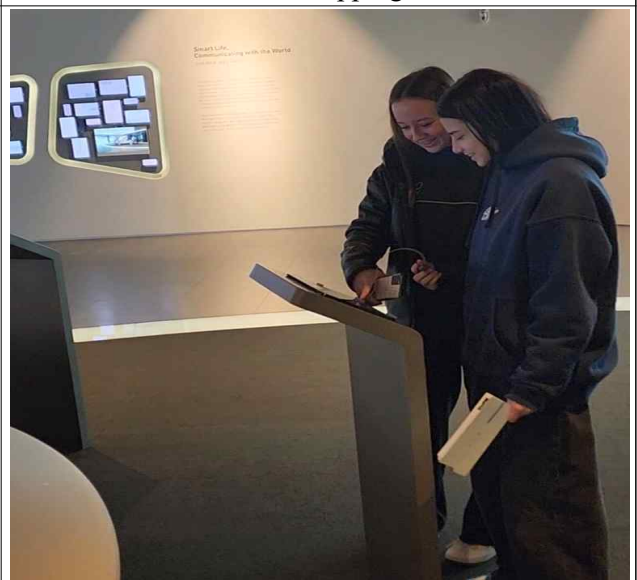
Starfield shopping mall



Starfield shopping mall



Samsung museum



Samsung museum



Seoul Gwanghwamun



Seoul Gwanghwamun



Gyeongbokgung Palace



Gyeongbokgung Palace



Gyeongbokgung Palace



Gyeongbokgung Palace



Seoul



Seoul



Lotte world aquarium



Lotte world aquarium



Lotte world aquarium



Sky tower(120 floor)



Sky tower(120 floor)



Sky tower(120 floor)



Busan Haeundae beach



Busan Haeundae beach



Busan Haeundae beach



Busan Haeundae beach



Daegu Sports museum



Daegu Sports museum



Daegu Sports museum



Daegu Sports museum



Korea traditional market



Korea traditional market



Daegu downtown



Daegu downtown



Everland



Everland



Everland



Everland



Study time in a free time



Study time in a free time



Study time in a free time



Study time in a free time



Massage



Massage



Seoul olympic park

4. Conclusion

- Overall, we had good trainings and experience without injuries
- We found out what do we need more and how to do trainings
- In my opinion, with the experience gained from this training camp in Korea, we will improve our performance