

Report on seminar in Dakar, Senegal by ADT member, Sabum Jonathan Morris, V degree



During the period from Thursday 21st September to Sunday 24th September, ADT member Sabum Jonathan Morris travelled to Dakar, Senegal to give seminars to the local members as well as participants from the surrounding countries of Mali and Gambia. The aim of the visit was to help improve the knowledge and technical level of our members in this region of Africa and to give greater visibility of international involvement in the local community.



The first evening after a full day of travelling from Zurich to Dakar, Sabum Morris and the local representatives of the Senegal Association of Taekwon-Do (Mr Diouf – President, Boosabum Ngom – Technical Director) as well as visitors and representatives from Mali (Boosabum Ali) and Gambia (Boosabum Bobb Babucarr) met to discuss the plan and goals for the 3 days of seminars. Although an outline plan had already been arranged it was decided to include a condensed Umpire course to assist the blackbelts and senior colour belt grades in their competitions and to become more familiar with the international rules of competition.

The seminars were held at the Social and Cultural Centre in the commune of Han Bel Air in Dakar.

The 3 days of the seminars were organised into three 2 hours sessions per day (morning, afternoon and evening) for a total of 8 sessions using all the available time before Sabum Morris' flight on Sunday evening.



The highlights of the seminar included:

- Effective warming up using joint rotation prior to dynamic stretching and exercises
- Fundamental movements and different types of motion as well as breakdown of correct sinewave for power generation and stability
- Sparring rules for competition, ring council member roles, hand signals for running the bout and for warnings and penalties
- Sparring movements and exercises
- Step sparring
- Patterns from Chon-Ji to Yoo-Sin, with a focus on particular challenges found in each pattern
- Grading for red and black belts

In general, each session started with a quick review of the previous session, objectives for the current session, the session itself and then group physical activity such as a game, sparring or different way to practise a technique or movement. Particular attention was given to the younger participants as many children were present which required a different level of pedagogical focus in order to ensure their engagement. Therefore, whilst the adults were practicing some techniques the children were given different games in order to work on other skills.



Due to the mixed level of grades and abilities during the seminar, the patterns were covered using an IIC style presentation, with 2 or more volunteers performing the patterns and corrections being made with highlights to particular movements where required. During each pattern, specific movements or combinations were chosen for everyone to practice in order to include all levels and grades.

The feedback received during and after the seminar was very encouraging with a lot of participation in discussion and a lot of questions being asked. Sabum Morris was able to accommodate both English and French speakers with the full seminar being given in French with translation into English for clarification of the English speaking participants where needed.



On the last morning of the seminar, a promotion test took place with the following candidates and results:

Name	Country	Current Grade	Result
Mr Ismaila Cisse	Senegal	4 th kup	Promoted to 3 rd kup
Mr Abdoulaye Kamite	Mali	1 st degree	Promoted to 2 nd degree
Mr Oumar Konta	Mali	1 st degree	Promoted to 2 nd degree

During the seminar, several reporters from the Senegalese press and television conducted interviews of Sabum Morris as well as the representatives of Gambia and Mali in order to raise the awareness of ITF Taekwon-Do in the community and Senegal.

The seminar concluded with the official presentation of donation materials which included doboks, sparring gear, shin and groin guards, mouthguards and belts. The materials were divided between countries present (Senegal, Mali and Gambia).



Some final words were given from the President of the Senegal Taekwon-Do Association as well as representatives from the local commune hosting the seminar. Sabum Morris was presented with some beautiful gifts including a hat, clothing and locally printed fabrics as well as some local foods which were all very much appreciated.



As well as the technical seminar and training elements of the visit, Sabum Morris was privileged to be invited along with international participants from Mali, Gambia and Canada to eat at the homes of several residents of the Han Bel Air commune and to experience local cuisine and culture.