



INTERNATIONAL  
TAEKWON-DO  
FEDERATION



## Developing ITF Taekwon-Do in Regions Not Yet Served by ITF

Thesis for grading to 7:th degree – Niklas Enander, Sweden

### National Instructor Course 28-31 December 2017



Big Mikes TKD Club Acacia Ave Kololo  
Open for all ITF Blackbelts and Club Instructors  
Seminar training times 10-13 & 15-18.



**Kampala Uganda**



### National Instructor Seminar Banjul, Gambia, 30/3-1/4-2018



ITF Africa Development Team member Niklas Enander  
International Instructor VI Dan & A Umpire

Fri & Sat Open to ITF club members  
Sunday Blackbelts and club Instructors  
Training time 10am-1pm 2pm-5pm

**Bakau Community Center**  
Registration of participants at 9.30am all days.  
Bobb Babucarr +2207242101 • bobbabucarr303@gmail.com

### ITF Taekwon-Do Seminar Nairobi Kenya 21-22 July



Conducted by:  
ITF Africa Development Team member Niklas Enander  
International Instructor VI Dan & A Umpire

**Fundamental movements, Patterns,  
Self defence, Sparring, Dallyon, Grading**

Ngong, Youth Empowerment hall.  
Saturday 10-12 am 1-3.30 pm  
Sunday 10-12 am Patterns  
1-3.30 pm Kup & Dan Grading

Contact: William Ngucie • +254 728 596 803  
ngucie013@gmail.com

### ITF Taekwon-Do Seminar Bujumbura, Burundi 4 August 2018

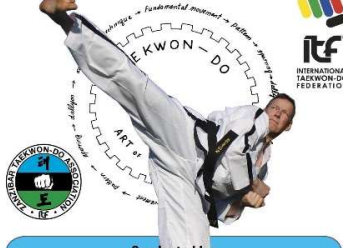


Conducted by:  
ITF Africa Development Team member Niklas Enander  
International Instructor VI Dan & A Umpire

**Fundamental movements, Patterns,  
Self defence, Sparring, Dallyon**

Tiger's Apartment hotel, Burundi  
Kinanira III, Avenue SAGA 130-03-22  
Contact: Nitunga Dieudonne +257 75 92 19 02  
itfburundiasociation9@gmail.com

### ITF Taekwon-Do Seminar Zanzibar



Conducted by:  
ITF Africa Development Team member Niklas Enander  
International Instructor VI Dan & A Umpire

**Fundamental movements, Patterns,  
Self defence, Sparring, Dallyon**

**8 August 2018**  
FEZA Schools in KISAUNI, Wed 9-12 am  
AMANI stadium, Wed 2-5 pm  
Maximilian Kailangana, 0713-68 46 63 • Ahmed Salami, 0715-90 74 17

### ITF Taekwon-Do Seminar Dar es-Salaam



Conducted by:  
ITF Africa Development Team member Niklas Enander  
International Instructor VI Dan & A Umpire

**Fundamental movements, Patterns,  
Self defence, Sparring, Dallyon, Grading**

**10-11 August 2018**  
Splendid Secretarial College, lala Bungoni, Dar es-Salaam  
Fri 9-12 am & 2-5 pm. Sat. 9-12 am & 2-5 pm.  
Isack Kennedy +255 714 086 783. Kenedyissack@gmail.com  
John Arnold Masawe +255 657 605 667. marapu@yahoo.com

Some of the posters from seminars in Africa that I conducted during the last year.

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## Background

This thesis is based on my work and experiences of developing ITF Taekwon-Do in Africa 2012-18.

I will start with the background of this journey.

In 2011 I was asked to visit an old friend in Uganda in the summer of 2012. As I had never been in Africa, I found the prospect of going there quite exciting.

At this time I was in preparation for my grading to 6<sup>th</sup> degree, so it was a natural thought for me to continue to train during my time in Uganda.

In preparation for visiting Uganda during July 2012, I contacted Grand Master Paul Weiler the continental representative for Africa, with the question if there were any ITF clubs in Kampala. At the time there were no ITF clubs in Uganda, but Mr Richard King David (1 degree) in Kenya had been in contact with Sharing Taekwondo Club in Kampala that was practicing WTF but he wanted to change over to ITF.

When I contacted Mr. David he proposed that I would visit Kenya and instruct him and his students, and according to ITF Bylaw Article 6, I contacted Grand Master Hector Marano of the Technical Instruction Committee and gained his and Grand Master Paul Wailer's permission to instruct in both Kenya and Uganda.

I visited Sharing TKD Club the first week I was in Uganda and on the first occasion just studied their group and training. Then I held two Taekwon-Do classes with fundamental movements and patterns; and a self-defence class. During this first week they learned the steps of Chon-Ji and Dan-Gun.

After I had been in Kenya and instructed up to three classes a day for one week, I returned to Sharing and instructed three classes and repeated Chon-Ji and Dan-Gun and instructed Do-San Tul.

During my last day in Kampala I had a lunch meeting with Mr Aligawesa Jasper, the General Secretary of the National Council of Sports in Uganda and Mr Kato Hakim the vice president of the Uganda Taekwondo Federation (WTF). It was a very good meeting where the difference between ITF and WTF was pointed out and that by creating an ITF organization in Uganda there would also be the possibilities for Taekwon-Do practitioners from Uganda to compete at the ITF World Championships and any success there would benefit all parties.

After I returned to Sweden I suggested to Grand Master Weiler that I could continue to develop ITF in Uganda and thus according to ITF Bylaw article 6, I contacted the Chair of the ITF Development Committee Master Per Andresen with the following proposal:

## Suggested Development Steps

1. One of the first steps is to affiliate Sharing Taekwon-Do Club with ITF by applying to become a temporary Club member according to the ITF By Laws Article 4.17.  
The two active black belts Mr Francis Emulu (1<sup>st</sup> WTF) and Mr Eddie Ssebiragara (1<sup>st</sup> WTF) shall accordingly apply for replacement International Taekwon-Do Federation Black Belt Degree certificates as stated in ITF By Law Article 7.1.2 a.

Mr Emulu is trying to come to the IIC 21-25 Nov in Addis Ababa, Ethiopia. I am also planning to be there to test for 6<sup>th</sup> degree, and as Master Weiler will be present as well as hopefully Mr David from Kenya. It is an excellent opportunity to discuss these issues.

2. In order to transfer the knowledge of ITF Taekwon-Do Mr. David is prepared to travel to Kampala two times a year to instruct. As I have understood it Mr David also has the right to grade Gup degrees in Kenya as he is the President of Kenya International ITF Martial Arts Federation. Could such a permit be extended to Uganda Mr David could also host Gup grading during his visits.
3. To teach higher patterns and to grade 1<sup>st</sup>-2<sup>nd</sup> degree, I would be prepared to go to Uganda one time a year to hold training seminars and black belt grading.
4. There are clear indications that many WTF clubs in Kampala are interested in converting to ITF. The amount of WTF students in Kampala only is about 500 adults and 500 children. By offering them a conversion and development plan it is quite possible that in 1-2 years enough clubs have joined to create a National Association for ITF Taekwon-Do in Uganda.

It is interesting for me to see my Suggested Development Plan from 2012.

1. All items under point 1 was acted on and realized.
2. Mr David was not a serious person and never travelled to Uganda, and did not have any permission to grade any Gup grades nationally.
3. I have since 2012 been in Uganda two times a year for a total of twelve visits.
4. There are presently over twenty-five black belts in Uganda registered in ITF Online and more than fifteen with teaching licences for the ITF Clubs in Uganda. There are presently sixteen Clubs in Uganda practicing ITF Taekwon-Do.

Since my first trip to Uganda, Kenya, and consequently taking part in the IIC in Addis Ababa in 2012. I have visited and instructed in Tanzania, Zanzibar, Gambia, Zimbabwe, and Burundi.

Since my journey began in 2012 the African Development Team has been founded by Grand Master Weiler. This team presently consists of six members; Grand Master Paul Weiler from Germany, Master Ernesto Santaniello from Italy, Master David McNairn from Scotland, Master Ken MacKenzie from Canada, Sabum Niklas Enander from Sweden and Sabum Jonathan Morris from France.

## ITF Has a Lot to Offer

When teaching ITF in Africa there are usually many WT blackbelts who want to learn ITF, since it feels that WT has very little to offer them. The dream of competing in the Olympics, is just that, a dream. It is really not possible to attain for anyone coming from a developing country.

The WTF competitions that are available are often too few to base any realistic training program on, and too few to really get any good development from.

ITF, on the other hand does not only have international competitions like the World Championships that are attainable to compete in for national team members, but also the World Cup that is open for individual club members from blue belt up. There is also the Continental Championships and very many international championships in our member nations. Besides the championships, ITF has International Instructor Courses, International Kids Courses, International Umpire Courses, Harmony Course, and the ITF Convention.

Then of course there are very many ITF seminars and training camps with skillful ITF Instructors, Masters and Grand Masters, that are available for our members.

There are also good resources available online to find information and learn ITF skills.

There are many opportunities for the ITF instructors to learn and develop.

The ITF traditional style also teaches self-defense, hand techniques, and social development skills at a level not found in WT.

All in all, ITF as an organization and a system has much more to offer students and instructors than what they feel that they can find in WT.

## ITF Fee Schedule Reduction

ITF's fee schedule reductions are a great help for developing ITF in Africa. The ordinary and extraordinary fees to be paid are scaled according to the economic situation of the country as determined by the World Bank Guidelines with reduced fees for those countries with poorer economies. As all countries in Africa are Level 5 – Extra low-income economy, the African members pay only 10% of the normal rate.

This means that the grading fee for 1<sup>st</sup> degree that has to be paid to ITF is only 5.25 Euro.

This hardly covers the cost of the degree certificate, the ID-Card, and the ITF Pin.

This subsidized price is much lower than the costs in other TKD groups and is a big benefit for the ITF blackbelt members and our African Associations.

For the individual black belt member, the annual teaching license fee is 5 Euros, can be seen as a very low cost in Europe but it is not unusual that a monthly income is 40 Euros in some African countries, so many blackbelt members struggle to pay this fee.

## Procedures and Tools when Developing ITF in Regions Not Yet Served by ITF

First, we must look at what the ITF Bylaws says in Article 6 International Activities.

Under 6.1 Teaching/Promotion/Development:

“An Instructor, Master or Grand Master may teach in countries other than his home country however they must request approval through their National and or Allied Association. If the National and/or Allied Association approve the visit and teaching abroad they shall inform the ITFHQ in order to receive the final approval.

“An International Instructor, Master or Grand Master may grade candidates in countries other than his home country however they must request approval through their National and or Allied Association.

If the National and/or Allied Association approve the visit and examination abroad they shall inform the ITFHQ in order to receive the final approval.

“Anyone who wishes to develop ITF Taekwon-Do in regions not yet served by ITF must present his project to the ITF Board of Directors. The project must then be accepted by the NA or AA responsible for that region if any. The ITF Board of Directors makes the final decision.”

In regards to the development of ITF in Africa the order of the articles is not in the correct chronological order.

You have to localize the country where you want to develop ITF and present the project. Then you will have to get the permission from your National or Allied Association to teach there. When the students have reached a level to when they can grade then you will seek approval to grade in the county.

Africa is also a special case as the continent has a Development Team Chairman who are coordinating the efforts to develop ITF.

I believe that you can divide the countries where you want to develop ITF in two classes.

1. A country that is presently not a member of ITF but has been a member of ITF, or has Taekwon-Do practitioners that belongs to or has belonged to other ITF groups.
2. A country where there has never been any ITF Taekwon-Do activity or there are no students of ITF present.

I have been working with both types of countries. In Uganda the Police forces has been training ITF for many years and have belonged to the Chang-Ung group. Tanzania and Zanzibar used to belong to ITF but isolated themselves after General Choi Hong Hi passed away. In South Sudan there are a few ITF students and Assistant Instructors that has migrated from Kenya.

In Gambia, Burundi and Senegal there has not been any active ITF groups but there are several active WT clubs who are interested in learning ITF to develop their skills.

I have so far never experienced a county where neither ITF or WT has or is active in any form.

## Teaching ITF in a New Country in Africa

If we assume that we have gone through the process of finding a country where to develop ITF and has acquired the necessary permissions from ITFHQ / African Development Team Chairman and our NA/AA.

For example, we are discussing a country that is presently not a member of ITF but has been or has Taekwon-Do practitioners that belongs to or has belonged to other ITF groups.

I have found that searching the Internet for ITF Taekwon-Do in a new country usually turns up some results and names of practitioners, as well as the websites of other ITF groups with much lesser membership demands than our group can produce some contact names.

Facebook has, for me, been the most useful social media to find ITF practitioners once you have some names to search for. After establishing contact WhatsApp has also been very useful in keeping contact.

After establishing contact there will be a process of communication to evaluate the seriousness of the practitioner and of course the level of their skills through proof of certificates.

I find though that in many cases, assistant instructors in Africa have never received their grading certificates or latest grading certificates. Usual reasons for this are that they have graded but there has been no payment for the grading, or the grading instructor has failed to apply or deliver the certificate. It is not uncommon with WTF certificates that they exist, but the national WT organization is withholding the certificates to have leverage towards the individual blackbelt.

It is also quite common with National blackbelt certificates produced by the National TKD Federation or even the grading instructor. This can present a problem as it is not possible to base a replacement ITF certificate on a National blackbelt certificate.

After a sound contact has been established with a serious instructor or group, it is time to arrange for a seminar to be held in the country.

The permission for the seminar and the planning thereof, must be approved by the Chairman of the African Development Team.

If it is a country/project of big interest and there is funding available through the ITF, the air ticket for conducting the seminar could be covered by ITF or the funds available by the African Development Team. As the budget of the ADT is very limited most initiatives I have taken has been self-funded.

Normally there will be no strong local or national association, so I never assume that any hotel costs will be covered.

As most countries in Africa are very poor and a monthly income of 50 dollars is not unusual, I have so far conducted all my seminars without any participation fees.

The award of teaching in Africa is clearly not financial but to grow as a human being and to transfer the knowledge that your instructor has entrusted you with.

In the countries where I have been engaged there has always been at least one WTF or ITF blackbelt that has been very interested in the development of ITF in the country.

I think it would be very difficult to develop ITF in a country where there would only be low grade color belts, because after the seminar you conduct there must be some instructors that continue to teach what they have learned. As there are only international ITF instructors residing in very few countries in Africa, there is normally a big need for grading during or after an ITF seminar. Please see later chapter discussing this topic.

The African Development Team consists of International Instructors that have a lot of experience from teaching in their own clubs and countries as well as International experience from many IIC, IUC, International competitions, and international seminars.

The different ADT members naturally have different personal knowledge, but all are well versed in the basic curriculum of ITF. At least once a year the ADT meets to train and teach together to make sure that what is taught in Africa is in accordance with what is taught in the rest of the world.



The five first members in the ADT at their first seminar in Montrose Scotland to train together and to raise funds for Africa. From left to right, Sabum Enander, Master Santaniello, Grand Master Weiler, Master McNairn, Sabum Morris.

The students in Africa often lack technical knowledge and understanding but are in many cases very flexible and dynamic and will develop nicely when attaining a better understanding of Taekwon-Do.

After conducting the ITF seminar, it is important to have continuous contact with the residing instructor to support him or her mentally as they will often be very alone in their country in teaching ITF. It is important that they feel that they belong to a group that supports them.

It is a long-time commitment to introduce ITF as it will take years until ITF is fully established.



## Training Conditions in Africa

In Europe we are used to great training conditions. There are Tatami mats in many Dojangs, and we take for granted showers after training and do not question electric light and drinking water.

This is not the case in Africa. In almost every country I have visited, I have been training outside under the blistering sun. If I was told of this I would bring my sunblock and plenty of water but many times the organizer of the class “forgets” to tell you that there will be no hall to train in.

In many cases when training outside, the surface is very bad or it can be a cow patch where you have to be very careful where to put your feet.



Teaching in the “Blue Dojang”, Kenya June 2012. Note the use of sandals as improvised training aids.

It is more common to have a room to train in, but be aware that it might be a classroom with the furniture pushed to one end, and the floor full of unevenness and pits.

At one time I had a class in a classroom where the floor consisted of stones with dirt in-between, making it impossible to slide the feet above the ground without injuring your toes.

If you have a hall you will be happy, but you must check if there is any power or lights in the hall if you want to conduct training after 6 pm. And even if there is power, if it is a public hall, many times the lightbulbs will be stolen from the lamp holders!

You will also find the floor so dirty that you can only do warming up exercises and stretching where you are on your feet, or you and the students will have very dirty Doboks.

Be sure to bring one or two bottles of drinking water, and make sure it is not tap water because that is nowhere safe to drink. I often bring some bottles of water for the students to share so that they do not get dehydrated and I can conduct a more efficient training.

Also, I have never been in a hall in Africa where there are working showers, so I cannot conduct hard physical training for the students with a good conscience as I have no idea if they have any sanitary possibilities at home.

Make sure to use the toilets that are available at your hotel or lunch restaurant because the toilets, if any are available around the training facility are often so bad it is hard to believe.



Sometimes there is a big lack of communication. This morning in June 2017 I was asked to go to a school I had not been teaching at before. I found myself grading 36 kids that morning, but I also did find time to teach them some self-defense.



It is not unusual to find yourself being interviewed by three television stations and four radio stations at the same time. If the organization you are visiting is smart they will use the allure of an International Instructor to get good media coverage

As is understood by this, it takes a new kind of indomitable spirit to teach and train in Africa.

## Timekeeping

Another issue that always is disruptive for the training is the extremely bad timekeeping of the students and Instructors in Africa.

I have experienced that even when planning for special training for a small group of black belt instructors the actual training can start two hours after the previously agreed time.

As you lead by example I have too many times to count, been the first person to be in the hall, when starting training for the day at many of my seminars and courses.

To stem this behavior, I have started to ask the students in front of class the reason for their delay.

I have also made an attendance document awarding one full point for being in time for the session and a half point for being too late. And of course zero points for not attending the class.

After the full two to three-day seminar of eight to twelve classes I look at the timekeeping for each club or each country attending and distribute the donation material that I have brought accordingly.

I have had three to four days seminars in Kampala in between Christmas and New Years and have experienced instructors that has come days too late or left a day too early without informing me of this before the seminar.

This is all very frustrating as it shows such a big lack of respect for the effort to come and teach and the people with this behavior are hampering their own development as well as the development of ITF in their country.

## Understanding invitations

I have also experienced many times when the posted information is not taken seriously.

As a first example I can take my National Instructors Course in Kampala 28-31 Dec 2017.

It was a four day course and, stated on the poster, was Open to ITF Black belts and Club Instructors.

In spite of this very clear seminar name and invitation poster the team from Kenya brought several white belt kids to the seminar – They were obviously nether blackbelts nor club Instructors!

Luckily I had access to some good first degree black belts from Uganda and Tanzania that could help to teach these kids so that they did not travel to Uganda in vain, but it costed a lot of effort to accommodate them and some instructors had to put time to teach instead of practice what I taught.

My second example is from the first African Continental Championship in August 2018.

Several coaches, in spite of numerous reminders, failed to send competitor names to the administrators that helped register the competitors in the sport data system.

There was also countries who brought red belt students and believed it would be no problem to register at the weigh in before the championships.

Several competitors did not show up at the weigh-in so a second morning weigh-in had to be arranged.

Even after not showing up to the second weigh-in and registration, some competitors was surprised they were disqualified. This is learning the hard way that an International event is not a club event.

## Donation Material

In countries that are not yet served by ITF it is virtually impossible to purchase any ITF equipment like Doboks, study material, sparring gear, and sometimes even Gup belts are not available in the shops.

I have therefore been collecting a lot of material from supporting instructors and clubs all over the world. I have made a group, African Taekwon-Do Sponsoring, on the social media platform Facebook to give credit to the donors and to show transparency.

When traveling to Africa with international long-distance flights double baggage of 23 kg is allowed on top of the hand luggage of 8 to 12 kg.

I therefore always pack very light, so I can fit all my personal belongings that I might need for my trip to Africa in my hand luggage, leaving me room to bring 46 kg of donation material on every trip. On some occasions I have even bought an extra third piece of luggage to be able to bring 69 kg.

In this way I have been able to bring hundreds of used ITF Doboks to Africa and supplied the basic needs for the Instructors and many of the students.

Also sparring gears, enough to be able to train sparring, and even to host a local competition.



Posing with some Instructors and donation material in Gambia 170430 before my first seminar there.

All six participating clubs received donation material, making a big difference in a country where you cannot buy a belt.

One problem with bringing so much material is that some instructors take it for granted that you will bring gifts and even start asking for material like you were some sort of a shop.

This behavior is very bad, and I always remind them that I can only give what I have already received.

The donations are very important though, to introduce ITF and to show the WT clubs in the country how much support the clubs receive from ITF when often no support is given from WT.

It does however, after some visits, have the effect that some “clubs” and “instructors” surface at the time of the seminars to receive material, just to disappear from actively training and supporting the local ITF association when you leave the country.

To stem this behavior in Uganda I give most material to the association and any new clubs that I are visiting or that takes part in my seminar. It is also stated that material is only given out to the clubs who have paid the annual fee to the association of 50000 UGX or 12 Euro. Even if this fee is just ¼ of the value of a Dobok it is still very difficult for the association to get the club fees paid.

Another aspect is that if ITF material is brought in for free, it is not possible for anyone to set up a local distribution of ITF material as the inflow of free material will ruin the market.

I have therefore, with the cooperation of Sabum Jon Morris in the African Development Team, set up distribution of Mightyfist material to Tanzania as there are always some students that can afford to purchase new material. Unfortunately, the shipping costs to Africa from Europe are extremely high so there is little chance of the distributor to make any margin on the material.

Hopefully this will be solved in the future by shipping directly from the manufacturers in Asia.

I have also made an African Technical Sponsoring group on Facebook and invited many friends and instructors to donate cellphones and laptops. The purpose of this is to support instructors and assistant instructors with phones so that they can stay in touch with each other, and that I can keep contact with Instructors and ITF board members through social media like WhatsApp.

Even old button phones that rarely are used in Europe are very popular in Africa as they are used as backup phones as the battery time is far superior to the smart phones.

The laptops are used to assist the associations and clubs in any administrative work they must perform.



Some of the phones I brought to Gambia in 2017 complete with chargers and sometimes headphones.

To unlock these old phones costs 30-35 Euro each in Sweden but only 3 Euro in Gambia.

## Gup Grading

In ITF every belt color fairly well represents one year of training.

After the beginners' white belt, a yellow belt can be attained after one year of training.

A green belt usually takes two years to achieve, a blue belt takes three years, a red belt minimum four years, and the 1<sup>st</sup> degree blackbelt normally takes at least five years of training to attain.

The 10 Gups, or levels of ITF color belts, gives us a training schedule where each Gup contains a pattern and a set of techniques to learn. Many times, it is the goal of the instructor to train the student the skillset for each Gup to be able to promote the student at the end of each semester.

As there are only international ITF instructors residing in very few countries in Africa, there is normally a big need for grading when visiting a new African ITF nation.

One will often find students that has been graded by the local assistant instructors from 1-3<sup>rd</sup> degree. I call these gradings National gradings as they are not recognized by any International TKD body.

This practice is of course not permitted by the ITF, but it has previously been the only way the local ITF clubs can offer gradings to the students, who otherwise will turn to other martial arts like WT.

When you perform Gup gradings as an International Instructor the grading will be an internationally valid Gup grading whereby the students can compete internationally and even at the World Cup.

Therefore, you will find yourself grading beginner students even if you are a senior Instructor. In Africa you can see a Grand Master grade white belts - not a common site in a developed ITF nation.

When I receive WTF students that want to grade, they must know the ITF patterns to receive a higher grade than they already have in WTF.

Quite often I come across WTF color belts that want to convert to ITF but have not learned the ITF patterns yet. If their training time is at minimum representable for their belt, for example one year for yellow or two years for green belt, I find it better to let them keep their belt color, but I will not grade them until they know their ITF patterns up to their respective Gup grade.

In most cases they have been training many more years than normal as there have been no one available to give them higher grades. And especially in those cases I feel it is unfair to take their belt away and to force them to restart at white belt.

It is also unfair to a white belt that has just taken up martial arts training at an ITF club to spar or compete with a white belt that might have five years of sparring training in WTF.

## Grading Proposal for Developing Countries

According to the present By Laws of ITF, every Gup grading, even for the grading of a student to 10 Gup, must be performed by an International Instructor.

To become an International Instructor, a training time of at least twelve years of training ITF is needed. This is all very well in nations where ITF is soundly established, but presents a hindrance in development in nations where ITF has just been introduced.

If there is no possibility to grade Gup grades in a nation, it is very difficult to start new clubs and to increase the number of ITF practitioners in that country.

In a nation where the highest Instructor is 1-3 degree an International Instructor has to be invited by the NA, AA or the Recognized Taekwon-Do School, Club or Training Centre to grade the students. After seeking permission, and attaining approval, from the Chair of the Technical and Instruction Committee, he or she can perform a grading for the color belt students in that nation.

My proposal is that under the circumstances where ITF is represented in a country by an Assistant Instructor of 1-3<sup>rd</sup> degree and there is no International Instructor present in the country, the Assistant Instructor can contact ITF and request a Supporting International Instructor, who oversees the development in the country.

The Supporting International Instructor could then, after accessing the situation in the developing country, apply to the Chair of the Technical and Instruction Committee, to delegate his or her authority for grading rights for Gup grades, to the Assistant Instructor with highest degree or the Assistant Instructor with the highest position in the National ITF Board in the member country. This Assistant Instructor will then be given the title National Instructor.

My suggestion is that there normally could be only one National Instructor in one Nation. If the nation is geographically very big, more National Instructors could be possible, but should be guided and overseen by the same Supporting International Instructor.

The delegated Gup grading authority could for example be according to the below criteria:

- 1<sup>st</sup> Degree – Has the possibility to be delegated to grade students to 10, 9 and 8 Gup.
- 2<sup>nd</sup> Degree – Has the possibility to be delegated to grade students to 7, 6 and 5 Gup.
- 3<sup>rd</sup> Degree – Has the possibility to be delegated to grade students to 4, 3 and 2 Gup.

The reasoning behind this suggestion is that if the National Instructor is 1<sup>st</sup> Degree he could grade a beginner student up to yellow belt and this would allow the student to develop in ITF Taekwon-Do during a training time of approximately one year.

As the preparation time from 1<sup>st</sup> to 2<sup>nd</sup> Degree is 1.5 years it will be a good incentive for the National Instructor to advance to 2<sup>nd</sup> degree under the guidance of the Supporting International Instructor. When the National Instructor is 2<sup>nd</sup> Degree he or she has the delegated authority to grade up to 5 Gup and the normal training time from 10 to 4 Gup is three years and from 8 to 4 Gup is two years thus being well in accordance with the preparation time of two years to grade from 2<sup>nd</sup> to 3<sup>rd</sup> Degree. When the National Instructor is 3<sup>rd</sup> Degree he or she has the delegated authority to grade to blue belt, red stripe and red belt. This will give the National Instructor plenty of preparation time to grade to 4<sup>th</sup> Degree if a new club is started.

If the National Instructor recently graded to 3<sup>rd</sup> Degree with many blue belts in the National Clubs he /she would during one year be able to produce a number of red belts giving the National Instructor plenty of initiative to progress with the advancement to 4<sup>th</sup> degree and an International Instructor status with the grading rights to 1<sup>st</sup> Degree.

As soon as the nation has an International Instructor all Gup gradings should be performed by an International Instructor as there would be no need for an National Gup grading Instructor anymore.

In short a 1<sup>st</sup> degree would have the delegated authority to grade beginners up to yellow belt, a 2<sup>nd</sup> degree could grade up to 5<sup>th</sup> Gup and a 3<sup>rd</sup> degree could grade up to 2<sup>nd</sup> Gup red belt.

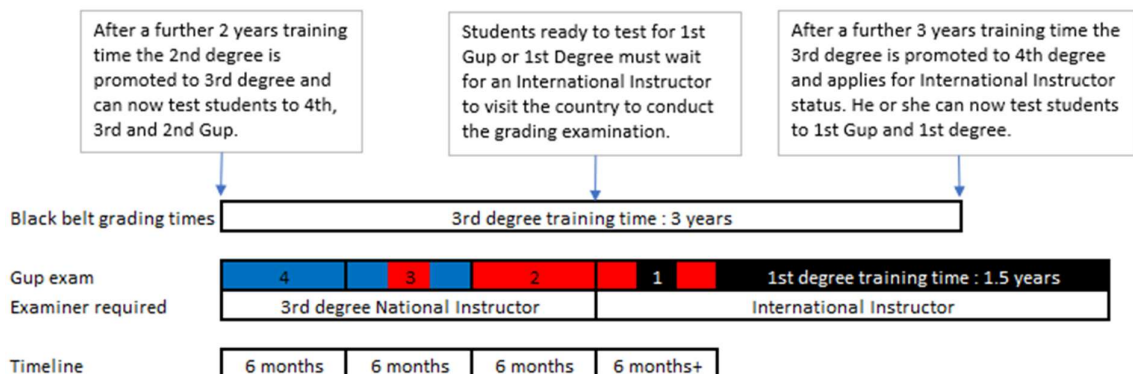
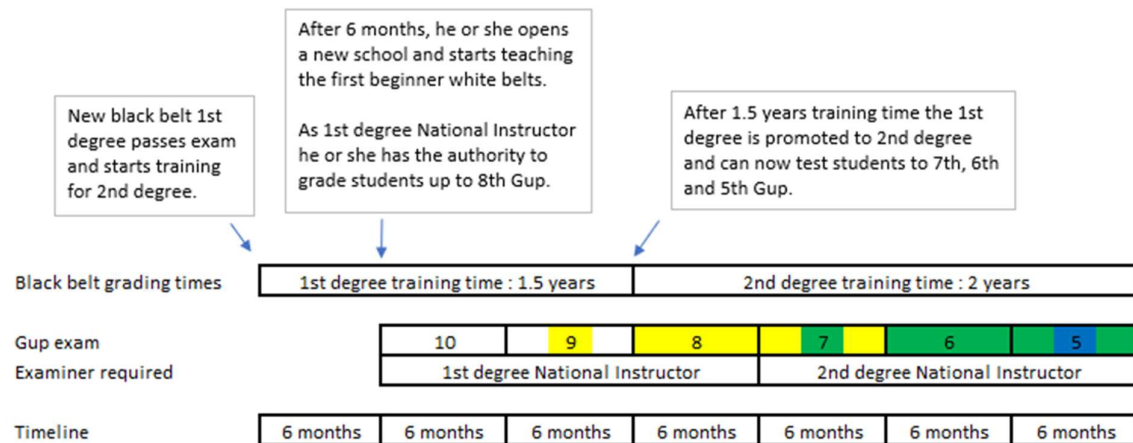
The 1<sup>st</sup> Gup grading should be done by an International Instructor so that any errors can be corrected during the preparation time to grade to 1<sup>st</sup> degree.

If there is a breach of confidence between the National Instructor and the Supporting International Instructor, the delegated authority for Gup grading can be withdrawn by the Supporting International Instructor and in doing so he shall inform the Chair of the Technical & Instruction Committee.

This possibility would mean that when the Supporting International Instructor is visiting the nation he will only have to grade greenbelts and up if the National Instructor is 1<sup>st</sup> degree.

In the national instructor is 2<sup>nd</sup> degree the Supporting International Instructor would have to grade blue belts as the lowest grade.

This program would save the Supporting International Instructor a lot of time when visiting the supported nation as well as allow the nation to grade many more lower belt students.





## Degree Grading

There are two ways to attain an ITF black belt degree that are pertinent for Africa.

The first is the normal grading procedure as laid down by ITF Bylaws 7.1 and 7.2.

Here the candidate knows all the patterns that is designated for the degree tested for.

Of course this is pertinent to a country that has had ITF clubs that previously belonged to our or other ITF organisations.

It is very difficult for the candidates in Africa to attain the level of skills that we see for example in Europe due to the lack of International Instructors on the continent of Africa.

But you will very often find that the candidates in Africa will have trained for very many years to attain the belt they have, often two to three times as long training times as in many other parts of the world where International grading Instructors are available.

For example, when I went to Dar es-Salaam for my first seminar in Tanzania I was the first Sabum who came to teach in the last 16 years! The previous Instructor sent by ITF was Sabum Sin Jae Sop who left Tanzania in 1999/2000. The highest grades left, Mr John Masawe 3<sup>rd</sup> degree and Mr Isaack Kennedy 2<sup>nd</sup> degree, had been running ITF in Tanzania without support for 16 years. When General Choi died in 2002 they were contacted by all different ITF groups, but they decided to “Stay inside while the storm was blowing” and was loosely associated with Chang-Ung ITF but had never received any support.

So, at my first seminar in Dar es-Salaam I graded 3 red belts to first degree. They had been previously “graded” by Mr John Masawe and had been red belts for in-between 7 to 9 years! So even if their previous Gup grade was not valid according to ITF By-laws, their skills was very good compared to many other countries in Africa even if they did all the Tul mistakes we used to do 16 years earlier.



Niklas Enander, Maximillian Kailangana, Mustapha Yusuph, Hamadi Ismaili, Kennedy Isaak and John Masawe

The second way to attain an ITF degree is to apply for a replacement certificate as laid down in the ITF By-laws 7.1.7.

“7.1.7 Regulations for the acceptance of Degree graduations of other organizations.

a. From 1st up to 3rd Degree the regulations of the NA or AA apply and the ITF shall issue replacement ITF Black Belt Degree certificates for those who are not in possession of the ITF Black Belt Degree certificate on payment of the appropriate fee.”

So in the case where Assistant Instructors that have graded to their 1<sup>st</sup> to 3<sup>rd</sup> degree in for example Chang-Ung ITF their Tul and techniques are usually on a fair level and there it is possible to apply for a replacement certificate so that the black belt member will be in the ITF online database and thus can participate in ITF’s international activities like IIC, IUC or Continental Championships.

In cases where the black belt member has received their grading through WT they obviously do not have any knowledge of ITF patterns and techniques.

In this case we want the blackbelt member to attend at least one ITF seminar to teach ITF Tul’s and techniques and to judge the members skills and mentality.

Preferably the black belt member should attend two to three ITF seminars before applying for a replacement certificate. Also note that it is necessary to attain an ITF black belt number for a country to apply for Club membership in ITF, or to compete at the African Championships.

For example, I take Senegal who has a very involved Instructor Mr. Dame Seck (4<sup>th</sup> degree WTF, 5<sup>th</sup> degree Senegal TKD Fed, graded for 6<sup>th</sup> degree in 2013 and are still waiting for his certificate!) In 23-25 Mars 2018 Sabum Matiam Mbow from Middleton Wisconsin USA, was in Accra and held an ITF seminar for the instructors in Senegal. Mr. Seck also attended my seminar in Gambia 30 May - 1 April 2018 with 14 of his black belts/club leaders. After my seminar in Gambia I took the photo of Mr. Faye Babakar and his WTF first degree ID from 2006 as he was showing good power and performance, and whit these documents I could apply to ITFHQ for a certificate replacement and a teaching license so that Senegal could apply for a club membership in ITF at the ITF Congress in Sydney, September 2018.



12 of the instructors and club leaders from Senegal who attended my seminar in Gambia in 30/3-1/4 2018. At the seminar each instructor got some donation material that I brought, ITF Dobok or Sparring gear.

## Country Membership in ITF

For a country to become a member of ITF the first step is to be registered as a Recognized Taekwon-Do School, Club and/or Training Centre.

So according to the ITF Bylaws 4.12.4:

“4.12.4 Recognized Taekwon-Do School, Club and/or Training Centre.

In a country where there does not exist an NA or AA, or where the applicant does not meet the required items, a Taekwon-Do School, Club and/or Training Centre might be recognized by the ITF Board of Directors. All Black Belts must be in possession of the ITF Black Belt Degree certificate. Instructors teaching in the recognized Schools/Clubs and/or Training Centre must be in possession of the teaching license (plaque).

“In a country where any requested membership the applicant cannot fulfil the affiliation requirements they might be accepted as a recognized club or school.”

The last sentence is not very clear – It should probably be according to the 2014 bylaws:

“In a country where membership is requested but the applicant can't fulfil the affiliation requirements they might be accepted as a recognized club or school.”

This article was a challenge for ITF in South Sudan as the two clubs that was run there was run by ITF red belts from Kenya. The first stipulation in the paragraph was not posing any problems as there were no ITF blackbelt in the country.

The second rule though was shown to be a problem, as according to ITFHQ, a red belt could not be in possession of a teaching licence.

Thus, even though there are two ITF clubs in South Sudan the country could not become a member of ITF as none of the instructors could apply for a teaching licence.

This issue was resolved for South Sudan in 2016 as one of the instructors Mr Moses Etabu graded to 1<sup>st</sup> degree.

The next step of membership is to apply to become an Allied Association as laid down in ITF By-laws 4.12.3:

“The applicant, to be eligible to apply for a temporary recognition as an AA, must fulfil the following requirements:

- a. Must be democratic, legally well-structured and registered as nonprofit association.
- b. Affiliate all instructors with a minimum of 10 Instructors and 20 black belt holders (requirements may change according to the country's population, economical resources or existing laws, etc).
- c. Must practice Taekwon-Do as taught by the founder of TKD, General Choi Hong Hi, and act in accordance with the ITF Constitution, By-Laws, policies, standards, and regulations.
- d. Must not be a member of any National or International Taekwon-Do or similar body other than ITF. In case the AA is integrated into another national martial arts association, the discipline of Taekwon-Do ITF must comply with the ITF rules.
- e. Must ensure that all Black Belts, teaching members, and examiners have official ITF certification.
- f. May organize national Umpire seminars given by qualified ITF “A” Class Umpires and might request the ITF Umpire “B” certificate.”

Normally an AA status is sought after two years as a Club Member of ITF, if the association is properly founded and has the required number of instructors and blackbelts.

As can be understood, the requirements can be changed, as most countries in Africa is very poor and some are very small like Gambia and Burundi.

The final step of membership in ITF is as a National Association or NA as this is the membership level where the country gets to vote at the ITF Congress.

The requirements to become an NA are stated in the ITF By-laws 4.12.2.

The most important requirement in my opinion, is the registration of the national ITF association at the Ministry of Sports or National Sports Council (NSC).

ITF are applying to become a member of the Global Association of International Sports Federations (GAISF; previously SportAccord), and each ITF national association with recognition of the NSC is counted towards membership in GAISF, and even though ITF now have 100 members we need more NA members with NSC recognition to strengthen our GAISF membership application.

As of now the National Association ITF members in Africa are Algeria, Ethiopia, Uganda and Tanzania.

The Allied Association members are Morocco, Mozambique and South Africa.

Our Club members in Africa are Burundi, Djibouti, Gambia, Kenya, Madagascar, Senegal, South Sudan, Zanzibar and Zimbabwe.

As of now ITF have  $4+3+9 = 16$  ITF members in Africa.

## Banking Challenges

For everyone living in a developed country, we take for granted that we have a bank account and a banking, ATM, or credit card. This is because we are normally all employed and get our salary paid to our bank account and pay our bills through our internet bank.

In Africa it is very rare for a Taekwon-Do instructor to have their own bank account and thus any bank or credit card. Many people run their own small business and only use cash payments.

Another payment method that is common in Africa is Mobile money that is used for a lot of small transactions and are linked to the persons mobile telephone number.

The absence of a bank account and a credit card makes it very difficult for many of the ITF members in Africa to pay the ITF fees for degree exams and plaques. Therefore, it is important to collect cash payment for the gradings and I have many times ordered and paid ITF Teaching Licenses to collect the payments at delivery of the Teaching License certificates.

It can also be the case that even if there is a strong ITF association with a registered bank account, the rules of the banking system in the country prohibits the association from sending payments abroad.

## Visa Challenges

There are several opportunities for our African members to compete abroad, but there are many times severe challenges to obtain Visas even within Africa.

I have several examples of instructors that had to stay overnight in an airport to get support letter from the local association before they were allowed to enter, or even has been stopped for several days from boarding by the flight operator, because the operator did not believe they would get visa on arrival.

When traveling to Europe and entering the Schengen visa area you must show that you intend to return to Africa by having an employment, an education, or a wife / husband and kids to return to.

Many instructors do not have an employment as they make a living of the little money they can earn by teaching Taekwon-Do.

Another big challenge is to show financial independence / strength by a bank draft from the last 3 or 6 months. An impossible task if you don't have a bank account.

Time keeping is another underlying challenge as I have of yet to experience anyone from Africa to apply for a Visa in good time. Most probably this is paired with the challenge for the competitor to raise the 50 to 60 Euro that a visa application costs, as this can be a monthly income for many instructors.

## Logo Support

I have also helped the countries I have been working in, with support to design a logo to use in social media, on posters and patches. As these logos are designed to show affiliation to our ITF, the logos has been used first after the country has applied for or attained club membership in ITF.



The base foundation for the logo design has been the country flag.

ITF Uganda already had designed a logo so I only assisted in making it in a digital format.

For the ITF Kenya and ITF Burundi logos the coloured ITF fist was used, on the other logos the ITF sinewave font was used to signify our group.

The Empire TKD Club in Juba South Sudan the base was the logo of the Empire Security company where the training takes place. South Sudan does not have any National logo so far, as they are only two clubs and just became a Club member in ITF.

I also designed the logo for the African Taekwon-Do Federation with the help of input from Grand Master Weiler.

All logos was made in cooperation with and turned to digital format by my student Patrik Nyberg.

## Social Media and Internet

As I have mentioned previously social media like Facebook is a very good tool to find and to keep contact with instructors abroad. One reason for this is that it is free of charge, so anyone can use it as long as there is access to an internet café or on a smartphone.

Another very important use of Facebook is public relations and membership recruitment.

I therefore recommend all clubs and associations that I work with to make a Facebook page for people to more easily find ITF Taekwon-Do and a training facility.

Facebook is so much easier to handle than an ordinary website and when posting events and pictures from training the students will share them and will be happy to be in the spotlight and to belong to something. It is quite important though that each club and each association have someone who likes to get involved with the social media because without any social interaction the Facebook site will have very little use.

To support the development of ITF in Africa I have also purchased some website addresses.

The most important is [www.itfafrica.com](http://www.itfafrica.com) that is now the official webpage for the African Taekwon-Do Federation. I have also registered [www.tkdafrica.com](http://www.tkdafrica.com) and helped Mozambique to register [www.itfmozambique.com](http://www.itfmozambique.com). My student Victoria Olausson has helped to put content on the websites. For future supply of Mightyfist materials in Africa I have registered [www.mightyfistafrica.com](http://www.mightyfistafrica.com) and [www.doboksafrica.com](http://www.doboksafrica.com) and Sabum Morris helped with assistance from Mightyfist's web developer.

If you do not register the best addresses when you have the chance, someone will take them before you. I should know since I own [www.taekwon-do.com](http://www.taekwon-do.com) 😊

## Conclusion

In 2012 my adventures in Africa begun with my first visit to Uganda.

The same year I wrote a Development Proposal to the Chair of ITF Development Committee Master Per Andresen and to Grand Master Paul Weiler, where I put down the framework for developing ITF in Uganda with the final goal of attaining a status as a National Association.

Uganda was granted a Club Membership in ITF at the World Congress in Italy 2013.

At the World Congress in Sydney, Uganda attained the status as an NA after 6 years of hard work.

Not only that, Tanzania regained its status as National Association and South Sudan, Burundi and Senegal attained Club Memberships in ITF.

Since I began this journey 6 years ago during my preparations to grade to my 6<sup>th</sup> degree, I have assisted Uganda, Tanzania, Zanzibar, Gambia, South Sudan, Burundi and Senegal with joining ITF.

For me it is symbolic that I have assisted 7 members to join ITF in preparation for my 7<sup>th</sup> degree.

ITF now have 100 members, even with our very high standards for membership compared to other groups, and I am happy and proud to have been a part of attaining this.

Thank you Grand Master Paul Weiler, the African Development Team, Miss Julia García, and many more ITF Grand Masters, Masters, Instructors, and members for your continuous inspiration, guidance, and support in helping to achieve this goal.