

## 國立體育大學教師專業成長報告書

日期：112 年 3 月 9 日

申請序號：

申請人	朱木炎	單位主管	張榮三
活動/證照 名稱	LV1 國際教練證 LV2 國際教練證	活動日期	LV1 112 年 3 月 3 日 至 3 月 7 日 LV2 112 年 6 月 15 日 至 6 月 21 日
研習成果			
<p>本課程認證取得後才有資格以教練身份參加 WT 認可比賽，LV1 教練證持有人可參與 G1 和 G2 國際比賽的教練，本課程有跆拳道管理、比賽規則、反興奮劑、醫療法規、緊急情況維護，以上課程都是國際最新資訊，特別是跆拳道競賽每年都會因比賽節奏或是公平性而修改規則，特別在疫情過後多場大賽停辦情況，接收第一手資訊是訓練計劃擬定指標。</p> <p>LV2 教練證持有可參與世界大獎賽以及國際正式錦標賽教練，本課程延續 LV1 相關課程，提供更新更細的資訊。</p> <p>證照名稱：LV1（一級）國際教練證 LV2（二級）國際教練證</p> <p>發證單位：世界跆拳道聯盟</p>			
			
線上課程上課照片 1		線上課程上課照片 2	

檢附證明  
LV1 國際教練證照



**International Coach Certificate**

**Mu Yen CHU (TPE-1928)**

Chinese Taipei

**Valid Until:** 7th March 2025

This is to certify that the above named person has attained the qualification in the [Level I] WT Coach Certification Course conducted by the World Taekwondo.

**WT Coach Certification Course [Level I]  
March 1-7, 2023 | World Taekwondo**

A handwritten signature in black ink that reads "Chungwon Choue".

Dr. Chungwon Choue  
President, World Taekwondo

LV2 國際教練證照



**International Coach Certificate**

**Mu Yen CHU (TPE-1928)**

Chinese Taipei

**Valid Until:** 21st June 2025

This is to certify that the above named person has attained the qualification in the [Level II] WT Coach Certification Course conducted by the World Taekwondo.


**WT Coach Certification Course [Level II]  
June 15-21, 2023 | World Taekwondo**

A handwritten signature in black ink that reads "Chungwon Choue".

Dr. Chungwon Choue  
President, World Taekwondo

### 3 課程證明相關文件 跆拳道規則

WORLD TAEKWONDO Hi, Mu Yer




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#### Walid Gouda (Competition Rules 1).mp4

**Justin Tenbeth**

1. The Competition Area shall be rectangular in shape and shall be marked with a white line on a dark mat. The length of the mat shall be 10m and the width shall be 8m. The mat shall be marked with a white line on a dark mat. The length of the mat shall be 10m and the width shall be 8m. The mat shall be marked with a white line on a dark mat. The length of the mat shall be 10m and the width shall be 8m.



**ARTICLE 3.1**

**CONTEST AREA**


- WHERE THE PLAYERS ARE AUTHORIZED TO COMPETE
- DIMENSION → 8mX8m

**SAFETY AREA**

- MINIMUM 1 METER (2 METER OR MORE FOR PLATFORMS)
- WHERE THE REFEREE NEED TO STOP THE GAME WHEN A PLAYER ENTERS THE AREA

**COMPETITION AREA**


- NO SMALLER THAN 10mX10m
- NO LARGER THAN 12mX12m
- CAN BE INCREASED WHEN BUILT ON AN ELEVATED PLATFORM
- AREA INCLUDING BOTH THE CONTEST AND SAFETY AREAS



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### 競賽注意事項

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#### General Weigh-In Reminders

- Referees will check:
  - ID (Event Accreditation or Passport or GAL)



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