Online International Do Course

7 and 21 February 2027, from 2:00 pm to 9:00 pm (UTC)

What are the dates and times of the International Do Course (IDC)?

The IDC is a two-day course. It is delivered at the rate of 6 hours per day for a total of 12 hours. Each day includes two 3-hour sessions, with a 1-hour break between them.

The first day of the course (Day 1) will be on February 7th, 2027, from 2 pm to 9 pm (UTC), and the second day (Day 2) will be on February 21st, 2027, also from 2 pm to 9 pm (UTC).

Please note that, depending on when you switch from Summer Time to Standard Time or from Standard Time to Summer Time in your time zone, the UTC may not correspond exactly to the same local time on Day 1 and Day 2. To convert UTC to your local time, go to http://www.timebie.com/std/utc.php and follow the web page instructions.

Who may register for the course?

The course is open to all ITF Taekwon-Do members from 2nd grade/gup (red belt) and above, who are also 16 years of age or older.

How much does it cost to register for the course?

120 USD for the course (a total of 12 hours) and handouts (e.g., copies of PowerPoint presentations).

ITF Board Members and ITF Committee Chairpersons may register for free.

How do I register for the course?

Registrations for the course must be done via request in the ITF database. All ITF member organizations have access to the database.

Please make sure that you register your attendance at “ITF Courses” (on ITF Online) through the Secretary-General of your National Organization. Once you have registered in the ITF database, you will be assigned a registration number that you will find next to your name.

If you experience any difficulty registering for the course, please contact your National Organization or the ITF Head Office at itfonline@itftkd.sport

How do I pay for the course?

Payment for the course can be made to the ITF by your National via Custom Request, in which the National Database administrator must enter the number of persons who have registered for the IDC, their names, and the total amount, and make the payment to the ITF account through credit card, bank transfer, PayPal, or other.

If you experience any difficulty making the payment for the course, please contact your National Organization or the ITF Head Office at itfonline@itftkd.sport

What is the deadline to register for the course?

Sunday, **January 31st, 2027, 11:00 pm (UTC)**.

What will be the language of instruction during the course?

The course will be conducted in **Spanish**. However, should you need it, you will be provided with AI-generated real-time translation of spoken course content in text captions in different languages, and you will be able to select the language you want to use for translation. Please note that AI translation is not without limitations. In fact, its quality may vary and evolve depending on the language pair (i.e., the source language and the target language), the audio quality, the background noise, the speaking clarity, the speaker's accent, and the complexity of the vocabulary used to teach some of the course content. So, the extent to which AI translation can help you follow along with a speaker by reading captions will depend on your understanding of the language of instruction. It would be fair to say that **a minimal understanding of the language of instruction is required to benefit from AI translation**.

Copies of PowerPoint presentations will be available only in the language of instruction.

What does the course cover?

During the course, you will be taken on a journey to explore what it means to be truly a man or a woman of Taekwon-Do (TKD), as defined by General Choi, and how one becomes truly a man or a woman of Taekwon-Do.

Topics for Day 1 and Day 2 will be as follows:

Day 1 – Part 1: Moral culture and TKD; Origin and meaning of the word "DO"; the Tenets of TKD; Student's Oath; Connecting Do to moral culture, tenets, oath, and goal of TKD; Stages of moral development; Psychology of human behaviour; Self-control (what it is and why it matters; how to develop better self-control; how to teach self-control to TKD students; applications in dojang and daily life).

Day 1 – Part 2: Courtesy (what it is and why it matters; how to become more courteous; how to teach courtesy to TKD students; applications in dojang and daily life); Integrity (what it is and why it matters; how to develop and maintain integrity; how to teach integrity to TKD students; applications in dojang and daily life); Ethical/moral decision-making (how to resolve moral dilemmas/conflicts between tenets of TKD).

Day 2 – Part 1: Perseverance (what it is and why it matters; how to develop and strengthen perseverance; how to teach perseverance to TKD students; applications in dojang and daily life); Motivation and goal-setting (how to set effective goals in TKD and life);

Day 2 – Part 2: Indomitable spirit (what it is and why it matters; how to develop an indomitable spirit; how to teach indomitable spirit to TKD students; applications in dojang and daily life); Integration of Do teaching into regular TKD classes (general guidelines and tips).

Who is the IDC for?

The course is for all Taekwon-Do practitioners who are interested in studying the Do and developing a way of life based on the moral culture of Taekwon-Do, as well as for all Taekwon-Do instructors and assistant instructors interested in learning how to teach the Do and integrate the teaching of the Do into the teaching of Taekwon-Do.

It does not matter if you are an experienced or less experienced Taekwon-Do practitioner or instructor. The course will provide you with a great learning experience that will increase your knowledge and understanding of the Do and the moral culture of Taekwon-Do. Please note that there will be advanced presentations and discussions for those who have participated in IDCs earlier.

Likewise, it does not matter if you have already participated in one or several IDCs before. IDCs are not always conducted by the same course instructors, and the different parts of the

course are not always taught by the same instructors. This means that there are differences in what is presented and what is highlighted from one course to the next. So, if you have already participated in one or more IDCs, you are bound to learn something new or develop a better understanding of what you have learned earlier. Besides, so much material is presented each time that it is impossible to remember or understand it all. This is what happens when you attend an International Instructors' Course (IIC). It may be similar to the last one, but you still enjoy it because you learn or understand something that you missed earlier. It works the same for the IDC.

Why should I seriously consider registering for the IDC?

In his last publication, Moral Guide Book (2000), General Choi wrote: "*…the only way one can truly achieve the status as a man of Taekwon-Do is to go beyond the technical aspect and establish a lifestyle based on a solid code of morality*." (p. 9). For him, physical and moral training were two indivisible parts of the study of Taekwon-Do. Without the emphasis on moral development, Taekwon-Do is just a sport, not a martial art. The true nature and spirit of a martial art is in the learning and teaching of the Do, i.e., the "*way*", the "*right way*" as General Choi calls it. For him, the "*right way" is the "way paved by the saints and wise people of the past*."

Furthermore, teaching the Do is good for business. With so many businesses competing for the customer's money and attention, each business has to work hard to set itself apart from its competitors. Those instructors who are able to teach the Do effectively and provide moral training in addition to physical training have a competitive edge over their business competitors. They can offer a product that is unique, needed, demanded, and better than the competition. This means that they can attract more students to their dojang.

Is participation in IDCs required for promotion to a higher black belt degree?

Since the 1st of April 2025, participation in at least one IDC is required to apply for promotion to 4th degree black belt and above.

Is there an exam for the course?

There is no exam for this course.

Will there be physical activities during the course?

Activities during the course will include primarily actively listening to oral presentations, participating in quizzes and small group discussions, engaging in thinking and self-reflection exercises, and putting into practice the knowledge and skills learned. Video clips will also be used to show how to use Taekwon-Do exercises and other practical strategies to teach the Do and develop the Tenets of Taekwon-Do.

Will it be possible to ask questions during the course?

Yes, there will be an opportunity to ask questions at the end of each part of the course. However, participants will be asked to submit their questions via the "Chat" feature on the Zoom platform. We will select which questions to answer, focusing primarily on the questions most relevant for the course and the audience.

What will I receive when I register?

You will receive a confirmation of your registration by e-mail, which will also be a receipt of your payment.

Later (usually about two days before the course), you will receive a Zoom link via e-mail to use for joining the course on Day 1 and Day 2 of IDC. In the same email, you will be provided with information about the dress protocol for the course, instructions to follow to be admitted to the

course meeting room (for example, the need to enter your full name in Roman alphabet as a username when connecting to Zoom), instructions to follow while waiting for the course to begin, and instructions to follow during the course as participants in the course.

Will I get a certificate for the course?

Participants who attend the full IDC will receive an officially signed digital certificate certifying that they have completed the International Do Course (I.D.C.) in accordance with the Rules and Regulations of the Federation.

The IDC certificate that you will receive will be an officially ITF valid document. You will be able to use it to show that you have completed the IDC black belt promotion requirement if you are among those who are required to participate in at least one IDC to be eligible for promotion.

Do I have to attend all parts of the course?

To obtain your certificate, you must attend all parts of the course on Day 1 and Day 2, that is, the full 12 hours. However, if you miss one of the parts, you will still be able to attend the other parts.

If I have a question about the course, who do I contact?

If you have a question that is not answered above, you can contact docourse@itftkd.sport for more information.