

ONE NATIONAL TEAM

TAEKWONDO

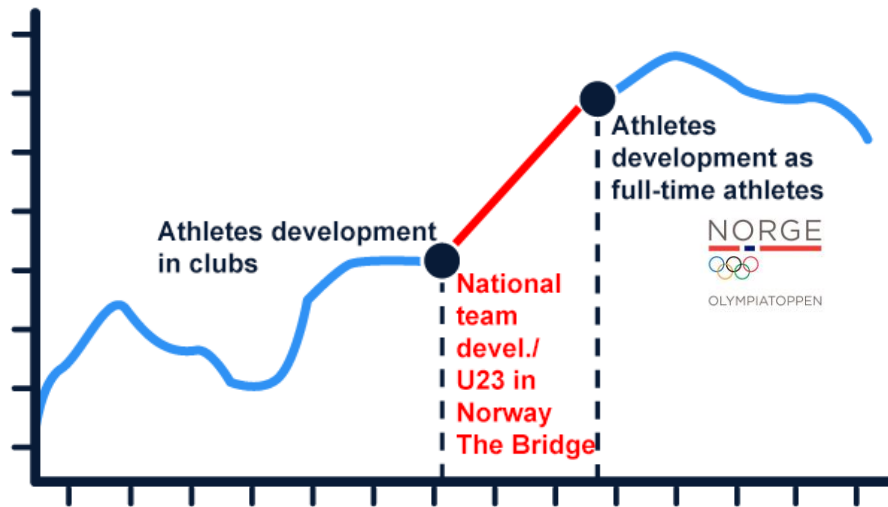


KAMP
SPORT

2 CONTRACTS:

Part time (development) or full time
+junior athletes & club athletes

IT'S IMPORTANT TO HAVE A STRONG CONNECTION TO BOTH OLYMPIATOPPEN AND THE NORWEGIAN CLUBS. THEY ARE OUR MOST IMPORTANT RESOURCES



EXAMPLE OF AN AVERAGE MONTH

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1	Full-time athletes with coach in Norway	Full-time athletes with coach in Norway	Full-time athletes with coach in Norway	Full-time athletes with coach in Norway	Full-time athletes with coach in Norway		
Week 2	Senior coach in Oslo, follow up	Senior coach in Oslo, follow up	Senior coach in Oslo, follow up	Senior coach in Oslo, follow up	TRAINING CAMP NORWAY SENIOR COACH	TRAINING CAMP NORWAY SENIOR COACH	TRAINING CAMP NORWAY SENIOR COACH
Week 3	Full-time athletes with coach in Norway	Full-time athletes with coach in Norway	Full-time athletes with coach in Norway	Full-time athletes with coach in Norway	TRAVEL G-TOURNAMENT	TRAVEL G-TOURNAMENT	TRAVEL G-TOURNAMENT
Week 4	TRAVEL G-TOURNAMENT	Norway full time athletes in Palma	Norway full time athletes in Palma	Norway full time athletes in Palma	Norway full time athletes in Palma	Norway full time athletes in Palma	Free Palma
Week 5	Norway full time athletes in Palma	Norway full time athletes in Palma	Norway full time athletes in Palma	Norway full time athletes in Palma	TRAVEL DAY		

PROPOSED WEEKLY SCHEDULE FOR ATHLETES IN OSLO/NORWAY, EST 16 HRS

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Individual S&C OLT	Team Norway S&C + phys OLT	Individual technical + online meeting with coach	Team Norway S&C + phys OLT	Individual technical	Free / moving free days to week
Club training (sparring)	Club training	Team Norway/regio n sparring	Club training	Team Norway/regio n sparring	

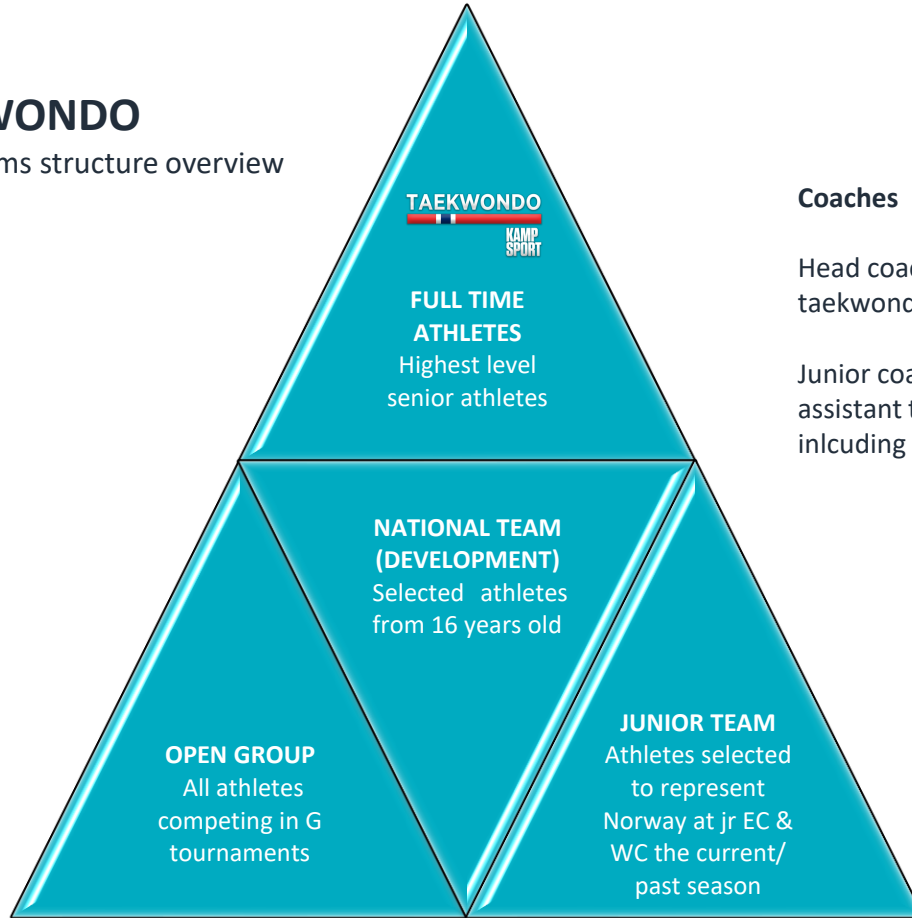
OLYMPIC TAEKWONDO

Norwegian National Teams structure overview

**DAKAR
2026**



YOG: Side project



Coaches

Head coach: In charge of all Norwegian taekwondo athletes and junior coach

Junior coach: In charge of the open group, assistant to the development national team including weekly open sparring sessions

**KAMP
SPORT**

GOALS

SENIOR FULL TIME ATHLETES

- Qualify for and win medals in World Grand Prix Series and Olympic Games
- Win medals at senior EC, WC & GP
- Stay in WT Olympic Category Ranking top 40 / WT World Ranking top 15

NATIONAL TEAM (DEVELOPMENT)

- Reach WT Olympic Category Ranking top 40 / WT World Ranking top 15
- Qualify for EC and WC through G-tournament medals, win medals at U21 EC, ECC and EOWC
- Development focus

JUNIOR TEAM (13-17 YEARS)

- Qualify for Youth Olympic Games
- Win medals at ECC and G tournaments
- Become Nordic Champions
- Develop club coaches

OPEN GROUP

- Inspire and recruit young athletes to the national team
- Qualify for national teams through G-tournament medals
- Develop club coaches

SENIOR FULLTIME ATHLETES

Minimum criteria

- Passed physical test incl. DEXA-scan and healthy weight test.
- Ranked top 40 in WT Olympic Ranking as of June 30th each year ...and/or top 15 in WT World Ranking ...and/or medallist at senior EC, WC or a WGP (GPC or GPS) within the last 18 months.
...and/or minimum 10 bouts with 60% win percentage in G-ranked competitions the past 18 months.
- Results at G tournaments within the last 18 months:
 - 1 medal with 2 won matches
 - 2 medals with 1 won match
- Signed national team contract with NKF, with 1 year renewal at the end of each year based on the criteria above.
- Norwegian citizen with valid passport
- Valid WT Global athletes license (GAL) and Kukkiwon diploma
- **only athletes passing the minimum criteria will be selected*

Athletes get

- Taekwondo Team Norway clothes, open for private/club sponsors on the official Team wear.
- 7500,- monthly scholarship + up to 6677,- in rent coverage (same amount as tariffs for «borteboerstipend») for athletes more than 40 km from training.
- 10 x training camps of 10 days, per year (once a month) at international High Performance center. Total 100 days of training camp.
- Training with the development team program when in Norway. Including one week a month with the senior team coach in Oslo.
- Up to 6 G tournaments + 2 championships (EC, WC, ECC, EOWC) and all World Grand Prix tournaments fully sponsored per season, + diet costs.
- Travel expenses to camps and competitions
- Health services from Olympiatoppen and chance to apply for OLT scholarships.
- 6 mandatory sessions with mental coach.

NATIONAL TEAM (DEVELOPMENT)

NO MAXIMUM AGE *PREFERRED UP TO 23 YEARS OLD

Minimum criteria

- Passed physical test incl. DEXA-scan and healthy weight test.
- Reigning Norwegian and/or Nordic champion. **if applicable.*
- Results at G tournaments within the last 18 months:
 - 1 medal with 2 won matches
 - 2 medals with 1 won match...and/or minimum 10 bouts with 30% win percentage in G-ranked competitions. (win first fight in 4 of 6-8 competitions)
- Signed national team contract with NKF and the club.
- Norwegian citizen with valid passport
- Valid WT Global athletes license (GAL) incl. Kukkiwon diploma
- Club assigned coach, national team coaches and athlete must make a development plan.

**all athletes passing the minimum criteria will be selected, coaches can select wildcard athletes. Number of athletes in the development team depends on annual budget.*

Athletes get

- Taekwondo Team Norway clothes, open for private/club sponsors on the official Team wear.
- 1 week national team training with the assistant coach once a month + 2 open sparring sessions per week in selected development clubs.
- Up to 4 G tournaments + 1 championship (EC, WC, U21EC) fully sponsored per season.
- Open invitation to train with the senior full-time athletes, including 3 sponsored training camps per year.
- Chance to apply for OLT scholarships.
- 2 mandatory sessions with mental coach.

CRITERIA EXEMPTIONS: SENIOR FULLTIME ATHLETES

Criteria for free exemptions to make individualized programs for fulltime athletes

- Medallist at senior European Championships, and/or World Championships and/or WT Grand Prix the past 12 months.
- WT Grand Slam Champion Series qualified athlete (through Grand Slam Challenge) the past 12 months.

JUNIOR NATIONAL TEAM

ATHLETES QUALIFIED TO JR/CADET WC & EC THE PAST YEAR

Selection criteria

- Attending open junior group trainings.
- Passed physical test incl. DEXA-scan and healthy weight test.
- Reigning Norwegian Champion ...and/or Nordic champion.
- Medal(s) at G tournaments within the last 12 months:
 - 1 medal with 1 won bout.
- Norwegian citizen with valid passport
- Valid WT Global athletes license (GAL) incl. Kukkiwon-diploma.

Athletes get

- Taekwondo Team Norway clothes.
- Invitation to train with the national team
- Special coaching by the junior team coach
- Expenses to the respective championship fully or partially covered
- Championship medallist can apply for OLT development scholarship (U-stipend).
- 1 mandatory session with mental coach.
- 1 fully sponsored pre-championship training camp
- 1 G-tournament with the development team fully sponsored

OPEN GROUP/REGIONAL GROUPS

NORWEGIAN COACH WITH VALID WT COACHING LICENSE

Selection criteria («*natural*» selection)

- Compete in at least 2 G tournaments within the last 12 months.
- Ambition to qualify for national team and World/European championships.
- Club coach attending open group training sessions.

Athletes get

- Training with the junior team coach once a month during national training camps.
- Sparring with ambitious athletes from other clubs.
- Possibility for selected athletes to train with the development national team.

JUNIOR ATHLETE	NATIONAL TEAM (DEVEL.)	SR. FULL TIME ATHLETES
NKF Team Norway clothes pack = 4000,-	NKF Team Norway clothes pack + sports equipment = 9000,-	NKF Team Norway clothes pack + sports equipment = 9000,-
Sponsored pre-championship camp: 12 000,-	4 x G-tournaments a 12 000,- each + 1 x championship a 20 000,- = 68 000,-	6 x G-tournaments a 12 000,- each + 4 x GP a 15 000,- each + 1 x championship a 20 000,- = 152 000,-
Paid Junior European or Junior World Championships for athlete + national team coach = 40 000,-	3 x international training camps a 15 000,- each = 45 000,-	9 x training camps in Palma/international a 21 000,- each = 189 000,-
1 x DEXA-scan & healthy weight test = 3000,-	Olympiatoppen training center access = 4000,-	Rent and scholarship incl. tax = 215 000,-
1 x G-tournament with the development team = 12 000,-	Shared rent of clubs = 3000,-	Olympiatoppen training center access = 4000,-
Support for camps with development team = 3000,-	2 x DEXA-scan & healthy weight test a 3000,- = 6000,-	Shared rent of clubs = 3000,-
Total = 65 000,- per athlete, per year	Total = 137 000,- per athlete, per year	Total = 560 000,- per athlete, per year