



# EDINA LENTS

5th DAN

WT International Referee

Referee Chairman Denmark

Referee Vice-Chairwoman Europe, WTE

World Taekwondo Poomsae Committee Member

Former European Champion

Former Head National Coach of Iceland

Former Assistant National Coach Denmark

Kukkiwon Advisory Member, Technical Committee

Honorary Ambassador WT Humanitarian Foundation

랜즈 태권도

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## SPORTS EDUCATIONAL BACKGROUND

Sports Leader Diploma at the Danish Sports Academy

WT International Poomsae Referee at the World Taekwondo

International Kukkiwon Master Course 3rd Degree

National Poomsae & Kyorugi Referee at the Danish Taekwondo Federation

Tournament Leader at the Danish Taekwondo Federation

National & International Instructor Courses

National courses on mental training, physical development, injury prevention, nutrition etc

## ACADEMIC BACKGROUND

Master of arts in Psychology of Language Use, University of Copenhagen 2011

Erasmus studies, Philosophy, Sociology, Anthropology, Paris-Sorbonne University, 2008

Batchelor in French & Philosophy University of Copenhagen, 2007

Project Manager at APMG International 2011

BachTherapist at International Bachtherapist Center 2012

Professional NLP Coach / Mental Trainer, RM Academy 2014

My academic background gives me a solid knowledge about communication, human behavior, human processes of learning and understanding. I have experience as a teacher on the national and international level, PR / communication consultant, a freelance writer, a communication officer at the Ministry of Education and a Danish Political Party.





## EXPERIENCES & BEST ACHIEVEMENTS

### **World Taekwondo Europe Poomsae Referee Vice-Chairwoman, since 2018**

Vice-chairwoman of the Antalya 2019 European Poomsae Championships

Vice-chairwoman of the Antalya 2019 European Beach Poomsae Championships

### **World Taekwondo Poomsae Committee Member since 2018**

CSB (Competition Supervisory Board) of the Rhodes 2018 WT Beach Championships

CSB of the Taipei 2018 World Taekwondo Poomsae Championships

Assistant of the Poomsae Education Course / IRS, IRRC in Croatia 2018

### **Danish Poomsae Referee Chairwoman since 2017**

Danish Poomsae Referee Committee, 2009 - now

Responsible for Referee Education and Poomsae standard upgrading in Denmark 2009 - 2017

International leading experience as a Head Referee

Experiences with teaching, supervision and facilitating international seminars

### **Kukkiwon Advisory Committee**

Technical Advisory Member, 01.01.2017 – 30.12.2018

### **Honorary Ambassador WT Humanitarian Foundation, since 2016**

### **Poomsae Referee Experience, 2001 - now**

National Poomsae Referee since 2001

WT International Poomsae Referee since 2011

*Bigger International Tournaments:*

European Championships Spain 2013

World Championships Indonesia 2013

World Championships Mexico 2014

European Championships Serbia 2015

Summer Universiade Korea 2015

Presidents Cup Germany 2016

World Championships Peru 2016

European Championships Greece 2017

World Beach Championships Greece 2017

Summer Universiade Taiwan 2017

WTE European Clubs Poomsae

Championships Spain 2018

Summer Universiade Napoli 2019

Different international G1 & A-class tournaments.

*Best achievements:* Best Referee Award at the World Championships, Mexico 2014. First female to achieve WT International Referee status in Denmark and first female IR to be elected as a Danish referee representative at the European-, World Championships, Summer Universiade etc.



### **Assistant Poomsae National Coach Denmark, 2016 - 2018**

*Best achievement:* European Championships 2017 - 6 gold, 4 silver & 9 bronze medals.

### **Poomsae Head National Coach of Iceland, 2014 - 2016**

*Best achievements:* First medals in Icelandic history:

Bronze at the European Championships in Serbia 2015. Gold, silver, bronze medals at G1, A-class tournaments. Final spots at the World Championships, Mexico 2014.

### **Coach for the Danish Brutto National Development Team, 2006 - 2011**

*Best achievements:* Most winning nation at different A-class tournaments.

### **Private and mass trainer, 1998 - now**

Club trainer, 1998 - now

For the last few years I have been teaching and coaching privately, preparing athletes for competitions. I have also experience as a mass trainer, since 1998.

### **Poomsae Athlete Competing Experience 1999 - 2010**

Athlete at the Danish Poomsae National Team, 2003 - 2010 Athlete at the Danish Brutto National Team, 2001 - 2002

*Best achievement:* European Champion, Finland 2005

4th place at the first World Championships, Korea 2006

At all 99 international and national medals

Awards: Princess Benedict of Denmark Sports Prize



### **Other Political & Development Work**

Member of the Vision Group 2012, Danish Taekwondo Federation

Board Member, 2009 - 2010, Gladsaxe TKD Club

Member of The Gladsaxe Poomsae Committee, 2006 - 2009 PR & Press Responsible, 2010 - 2011, Gladsaxe TKD Club

### **Driven by passion for Taekwondo**

Taekwondo has been a part of my life since 1997, where I started at the age of 15 with my sister Lisa Lents. It has been a family sport since then. From the very beginning I was especially fascinated by poomsae and I became a professional in his area – as an elite athlete, referee and coach. I therefore integrate experiences from several perspectives when I teach or work within Poomsae area in different roles.

I am driven by a strong passion for the development of Taekwondo in Denmark and abroad. Together with my sister Lisa Lents we promote seminars and teach Taekwondo on different levels. I travel a lot to gather new experiences and I frequently attend international seminars myself to get new inspiration and to keep myself updated.

For more information please visit our facebook page Lents Taekwondo  
<https://www.facebook.com/LentsTaekwondo/>