

Improving Poomsae Performance II

Date: *Saturday, September 11, 2010*

Place: *Korea Taekwondo Academy (KTA)
6382 E. 82nd Street
Indianapolis, IN 46250
317-841-8000*

Schedule: *8:30 – 8:55 am: Check-In/Late Registration
9:00 – 12:00: Conditioning, Basics & Tae-Geuk Poomsae
12:30 – 3:30: Black Belts ONLY-Yudanja Poomsae
3:30 – 5:00 pm: Competition Rules & Scoring*

Pre-Registration: \$40.00 Color Belts (9:00 a.m. – Noon)
\$60.00 Black Belts (9:00 a.m. – 6:00 p.m.)

**This seminar is limited to 50 participants. Pre-registration by 9/1/10 is strongly recommended.
Late registration will be accepted with an additional \$10 fee.**

Presenters: U.S. National Poomsae Team Members

Master David Turgeon 7 th Dan - Team Captain (2006, 2008, 2009, 2010)	Master Garth Cooley 6 th Dan (2006, 2008, 2009, 2010)	Master Ronald Southwick 6 th Dan (2008, 2009, 2010)
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Topics: Current WTF Standard Poomsae Techniques, Rules & Application
Poomsae Specific Training Drills Poomsae Performance Methodology
Historical and Philosophical Aspects of Poomsae

All participants will receive a Certificate of Participation upon completion of this seminar.

July 2010

Dear Fellow Taekwondoist:

Recently I qualified to represent the United States at the 5th World Poomsae Championships in Tashkent, Uzbekistan along with Masters David Turgeon and Ronald Southwick in the 2nd Male Team Division. Additionally, I qualified with Dr. Kristi George in the 2nd Pair Division. We are all excited and looking forward to representing our country this October.

On Saturday, September 11th, my teammates and I are hosting the **Improving Poomsae Performance II** seminar. We received excellent feedback on our seminar last spring and several requests for another seminar! *You do not have to have attended last spring's seminar to attend this seminar.*

With the continued growth of poomsae worldwide, all of us feel an obligation to foster growth and development in this area of Taekwondo. With an annual World Poomsae Championships hosted by the WTF, poomsae competition is exploding. This offers many Taekwondo practitioners an opportunity to set an alternate or additional competitive goal and we are excited to build more participation!

Masters Turgeon and Southwick are excellent presenters of information and have been huge advocates of the development of competition poomsae in the U.S. They have conducted several enjoyable and successful seminars throughout the United States. All of us are eager to share our knowledge and experience with you.

The objective of this seminar is to provide methods to improve overall poomsae performance while introducing the standards and rules of WTF poomsae competition, which have been established internationally for several years and have been implemented in the US. Although this is not an official Poomsae Referee Certification Seminar, it is important for those who aspire to referee poomsae competition attend in order to know and understand poomsae. Master Turgeon, a certified WTF Poomsae IR, will teach a segment of this seminar covering the rules and scoring and what judges look for in performances.

This is not a seminar to tell or show you or your students how to do your/their poomsae at your do-jang.

Rather, there is a standard for competition poomsae that will be presented at this seminar. We will demonstrate, review, and practice Tae-Geuk Poomsae and several WTF Black Belt Poomsae based on the WTF standards USED IN COMPETITION.

Our goal is for all participants to leave this seminar with a better understanding of the standards, how to apply them in competition and how to understand judging for this type of competition. We aspire to give others more knowledge in this area and we think that this will serve as a catalyst to further study and participation. It is our belief that with more education and participation, the U.S. will become much stronger and place much higher at future World Championships. I hope you and your students will embrace this opportunity and consider participating in this fun and enjoyable part of Taekwondo!

Please call or email me! I am excited to speak with you and answer questions you may have! I am confident that you will thoroughly enjoy yourself and significantly increase your knowledge base by attending this seminar.

Sincerely,

Master Garth Cooley

IMPROVING POOMSAE PERFORMANCE TAEKWONDO SEMINAR II

Saturday, September 11, 2010 – Korea Taekwondo Academy - Indianapolis, IN

Registration Form

Copy as Needed

NAME: _____ AGE: _____ DATE OF BIRTH: _____ SEX: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: (____) _____ E-MAIL ADDRESS: _____

CELL PHONE: (____) _____ YOUR RANK: _____

SCHOOL NAME: _____ INSTRUCTOR: _____

RELEASE OF LIABILITIES

I, _____, agree to accept full responsibility for any and all injuries that I may sustain during this activity. I release the Korea Taekwondo Academy and all presenters and members affiliated with aforementioned parties from all liabilities. In case of injury and/or an emergency, I would like you to contact:

Mr. / Mrs. _____ Contact Phone: _____

Signature _____ Date _____

NOTE: If above participant is under 18, their parent or guardian must sign below.

I, _____, Parent/guardian of the above, agree to the release of liabilities mentioned in the statement above.

SEMINAR FEES: \$60 Black Belts /\$40 Color Belts (See time schedule)

(After Monday, September 1st, add \$10)

Make checks payable to: "KTA" OR Call KTA to pay by Credit Card: (Visa/Mastercard/Discover)

Mail to: KOREA TAEKWONDO ACADEMY / 6382 East 82nd Street / Indianapolis, IN 46250

For more information, call (317) 841-8000 or e-mail: info@ktausa.com