

Improving Poomsae Performance

Date: Saturday, March 20, 2010
(Pre-Register by Monday, March 15th)

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

Schedule: 9:30 – 9:55 a.m: Check-In/Late Registration
10:00 – Noon: All Belts
12:30 – 3:00 p.m: Black Belts ONLY
3:30 – 6:00 p.m.: Referee Training/Official Scoring

Event Fees: \$25.00 Color Belts (10:00 a.m – Noon)
\$45.00 Black Belts (10:00 a.m. – 6:00 p.m.)

This event is limited to 50 participants. Pre-registration by 3/15/10 is strongly recommended.
Same day (late) registration will be accepted with an additional \$10 fee.

Presenters: Master Garth Cooley & Master Ronald Southwick

- 2008 & 2009 US National Poomsae Team Members

Topics Covered:

- Current WTF Standard Poomsae Techniques and Rules
- Strength and Flexibility Training
- 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.

January 2010

Dear Fellow Taekwondo Instructors:

As many of you know, I am active in poomsae competition and have had the honor of representing the United States at three WTF World Poomsae Championships. I am very excited that the WTF has started a world championship for poomsae. When you see an event like this, it really shows the true essence of poomsae and reminds us of the value and importance of its role in Taekwondo.

On Saturday, March 20, 2010, I am hosting an **Improving Poomsae Performance** seminar with my team mate and friend, Master Ron Southwick. Master Southwick is an excellent presenter of information and has been a huge advocate of the development of competition poomsae in the U.S. He has conducted several enjoyable and successful seminars throughout our region. We are both 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 four years and which are being implemented in the US in 2010.

This is not a seminar to tell or show you or your students how to do your/their poomsae. Simply put, 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 competition standards USED IN COMPETITION.

Our goal is for all participants to leave this seminar with a better understanding of these standards, how to apply them in competition and how to judge and 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.

At this year's **Indy Cup Taekwondo Championships** – April 17-18, 2010 - we will have a WTF Black Belt Competition Format division as an option for Black Belts. This will be a modified version of how competition is conducted at the US National Poomsae Team Trials and at the World Poomsae Championships. By offering this event at Indy Cup, it will provide a forum for athletes and officials to compete and practice for nationals and team trials this year.

Finally, on behalf of many U.S. National Poomsae Team Members, we are making every effort to educate the Taekwondo community on the official format and standards at the international level. 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

Saturday, March 20, 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 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: \$45 Black Belts /\$25 Color Belts (See time schedule)
(After Monday, March 15th, add \$10)

Make checks payable to: "KTA" OR Pay by Credit Card: (Visa/MasterCard/Discover/Amex)

Credit Card number: _____ Exp Date: _____ CVV: _____
(MM/YY) (3 or 4 digit code on back)

Card Holder's Name: _____ Signature: _____

Billing Address: _____ Billing Zip Code: _____

Amount Authorized: \$ _____

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