

TA-Seminar Poomsae with Grandmaster Ik-Pil Kang



Grandmaster Ik-Pil Kang was World Champion in 2006 and is Coach of two present World Champions.

Date: June 25 and 26, 2011
Place: Sindelfingen/Germany, Gym of the Grund und Hauptschule Goldberg
Goldbergstraße 34, 71065 Sindelfingen

Programme:

Saturday, June 25:

10:00 to 11:00 Practical introduction into presentation (presentation will be a point of attention also later during the seminar)
11:00 to 12:00 Basic Techniques, Taeguk Il-Jang to Sam-Jang (with Ik-Pil Kang)
13:00 to 15:00 Taeguk Sa-Jang to Pal-Jang, Poomsae Koryo and Kumgang (with Ik-Pil Kang)
15:15 to 16:00 Group 1: Poomsae Jitae and Chongkwon (with Ik-Pil Kang)
Group 2: Taeguk Il-Jang to Pal-Jang, Koryo, Kumgang (with Soo-Nam Park, 9th Dan)

Sunday, June 26:

10:00 to 10:20 Practical introduction into presentation
10:00 to 12:00 Taeguk Il-Jang to Pal-Jang, Koryo, Kumgang (with Ik-Pil Kang)
13:00 to 15:00 Group 1: Poomsae Taebaek, Pyongwon, Shipjin, Hansu, Ilyo (with Ik-Pil Kang)
Group 2: Taeguk Il-Jang to Pal Jang, Poomae Koryo to Taebaek (with Soo-Nam Park)
15:15 to 16:30 Demonstration and Correction of mistakes (with Ik-Pil Kang)

Price: For Subscribers of the magazine Taekwondo-Aktuell:
one day – 50 Euro / two days – 90 Euro
Without Taekwondo-Aktuell subscription:
One day – 90 Euro / two days – 130 Euro

Registration and information: Taekwondo Aktuell, Phone: +49-(0)711-6071696, Fax: +49-(0)711-6071698
E-Mail: info@taekwondo-aktuell.de, www.taekwondo-aktuell.de

Accommodation: Hotel Berlin, Berliner Platz 1, 71065 Sindelfingen (in walking distance from the gym),
Tel.: +49(0)7031-8655, www.hotelberlin-sindelfingen.de
Special price: double room, incl. Breakfast, 69 Euro per night, single room incl. breakfast 49 Euro per night. (When you book the room, please tell the hotel that you take part in the seminar and that there is a special price.)