

## TA-Seminar Poomsae with Grandmaster

# Ik-Pil Kang

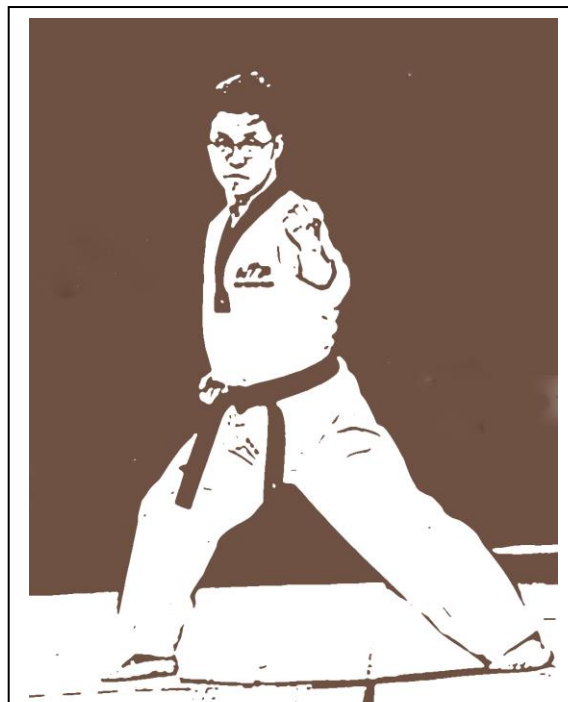
January 26 - 27, 2019, Sindelfingen/Germany

Grandmaster Ik-Pil Kang is one of the most popular poomsae-teachers world-wide. We are proud and happy that he is coming from Korea again especially for our seminar.

He will present a number of exciting subjects:

- Recognized Poomsae (Taeguk 1 to Ilyeo) according to the current WT rules.
- Practical advice: How to improve techniques ?
- Train the trainer – how to teach and correct Poomsae

By the way: Grandmaster Kang is **author of the standard work “The Explanation of Official Taekwondo Poomsae”** – if you want to meet him personally, do not miss the opportunity on January 26 and 27.



**When?** March 24 and 25, 2018  
10 am to 4 pm

**Where?** Sindelfingen

Sporthalle Hinterweil

Nikolaus-Lenau-Platz 8

71067 Sindelfingen /Germany

**Please note: This is a new venue!**

## Programme:

### Saturday, January 26, 2019:

**10:00 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, 9<sup>th</sup> Dan)

### Sunday, January 27, 2019:

**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 16:00** 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:

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E-Mail: [info@taekwondo-aktuell.de](mailto:info@taekwondo-aktuell.de),

[www.taekwondo-aktuell.de](http://www.taekwondo-aktuell.de)

### Accommodation:

We recommend the Erikson Hotel.

(Hanns-Martin-Schleyer-Straße 8, 71063

Sindelfingen, Tel.: +49 (0)7031/935-0,

[www.erikson.de](http://www.erikson.de)). The Erikson Hotel offers an

attractive special price: double room,

68 Euro, single room 57 Euro per night, breakfast

included

Please use the key-word „Taekwondo“ when

Booking and book directly with the hotel (no online

booking!) to get the special price (catchword „Park

Verlag“). Please book well in time.