

**Long awaited - again in Europe!**  
**TA-Seminar Poomsae Application**  
**with Jaeyeong Um**  
**28 – 29 May, 2022**  
**Sindelfingen/Germany**



**What it's about:**

In the artificial forms of movement in poomsae, the meaning of the movements is often lost. Yet there is a realistic offensive or defensive technique behind each of the movements. Those who know these can perform the movements more convincingly and technically correctly, and the presentation is optimised. At the same time, the technique repertoire of Taekwondo is enormously expanded through poomsae application, because poomsae contain a wealth of techniques that have fallen into oblivion in modern Taekwondo or are even prevented by the rules.

**The instructor:**

Jaeyoung Um is the founder of the Poomsae Application movement in Korea and has been intensively involved with the subject for many years. He is the author of the book "KTA Poomsae Application".

Jaeyoung Um himself is the best example that Poomsae Application is an excellent training for successful Poomsae players: In 2011 he became Poomsae World Champion for the first time. After a long retirement from active competition, he made a successful comeback in 2020 and won gold at the online world championship. He is nominated for the Korean team at the Asian Championships this year.

**When?** 28. – 29. May October 2022  
 10 am to 16:30 pm

**Where?** Grund und Hauptschule Goldberg  
 Goldbergstr. 34, 71065  
 Sindelfingen/Germany

**Registration and information:**  
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Time	Subject
<b>Saturday, May 28, 2022</b>	
Part 1	Basic Techniques: Hand- and Foot-Techniques, Stances, Steps
	Break
Part 2	Kup-Grade Poomsae-Application
	Break
Part 3	Dan-Grade Poomsae-Application
<b>Sunday, May 29, 2022</b>	
Part 1	Basic Techniques: Hand- and Foot-Techniques, Stances, Steps (Repetition)
	Break
Part 2	Kup-Grade Poomsae-Application
	Break
Part 3	Dan-Grade Poomsae-Application