# TA-Seminar Poomsae with Grandmaster

# Ik-Pil Kang

### October 14 – 15, 2023

#### Sindelfingen/Germany

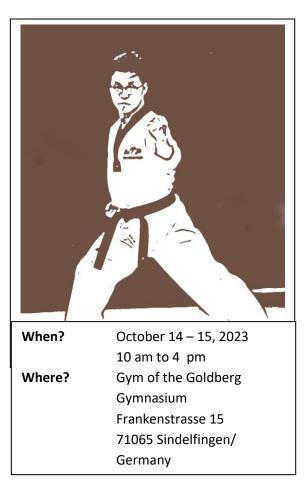
### The Poomsae-coaching legend!!!

Grandmaster Ik-Pil Kang is one of the most popular poomsaeteachers 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 (Taegeuk 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
October 14 – 15, 2023.



## **Programme:**

#### Saturday, October 14, 2023:

10:00 to 12:00 Basic Techniques, Taeguk II-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 II-Jang to Pal-Jang, Koryo, Kumgang (with Soo-Nam Park, 9<sup>th</sup> Dan)

#### Sunday, October 15, 2023:

10:00 to 12:00 Taeguk II-Jang to Pal-Jang, Koryo, Kumgang (with Ikl-Pil Kang)
13:00 to 15:00 Group 1: Poomsae Taebaek, Pyongwon, Shipjin, Hansu, Ilyo (with Ik-Pil Kang) Group 2: Taeguk II-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)

#### Prices:

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:

We recommend the Erikson Hotel. (Hanns-Martin-Schleyer-Straße 8, 71063 Sindelfingen, Tel.: +49 (0)7031/935-0, info@erikson.de). For prices see www.erikson.de. Please book early to get a good price!

Liability: All participants take part at their own risk. With taking part all participants or their parents or lawful guardians accept the exclusion of liability. By registering, all participants also agree that their image may be published as a photo or film footage and/or their name in reports that appear in any media during or after the tournament.