

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 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 October 14 – 15, 2023.



When? October 14 – 15, 2023
10 am to 4 pm

Where? Gym of the Goldberg
Gymnasium
Frankenstrasse 15
71065 Sindelfingen/
Germany

Programme:

Saturday, October 14, 2023:

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, 9th Dan)

Sunday, October 15, 2023:

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)

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.