

TA-Seminar

Poomsae application / Poomsae world championly

with Jaeyoung Um

December 09 - 10, 2023, Sindelfingen

Train with Jaeyoung Um

World Champion 2011

World Champion 2020 (online)

Asian Champion 2022

Founder Poomsae Application

Author of the book "KTA Poomsae Application"

Council Member Korean Taekwondo Association (KTA)

Professor at the National Sports University in Beijing/China

Jaeyoung Um is the founder of the Poomsae Application movement in Korea and has been intensively involved with the subject for many years. Jaeyoung Um himself is the best example of the fact that poomsae application is excellent training for successful poomsae players: in 2011 he became poomsae world champion for the first time. After retiring from active competition for a long time, he celebrated a successful comeback in 2020 and won gold again at the online world championships and becoming Asian champion in 2022.

Content of the seminar

Behind the individual movements of poomsae are effective offensive and defensive techniques. Those who know this background gain a deeper understanding of the patterns. By practising poomsae application, the execution of the techniques is perfected and the presentation optimized.

If you want to understand poomsae better and improve your performance as a poomsae player, Grandmaster Um's seminar is the right place for you!



When: December 09-10, 2023,
10 a.m. to 4:30 p.m. each day

Where? Goldberg primary and
secondary school,
Goldbergstr. 34,
71065 Sindelfingen

Registration and info:

Taekwondo Aktuell,
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Prices:

For Taekwondo Aktuell subscribers:
1 day - 40 Euro / 2 days - 70 Euro
Without Taekwondo Aktuell
subscription:

1 day - 70 Euro / 2 days - 110 Euro
**New subscribers can take advantage
of the discount immediately!**

See for yourself:

You can find a foretaste of the
Poomsae application here:
<http://vod.sangavill.com/vod/player/1468826253>



Hotel tip:

Erikson Hotel, Hanns-Martin-Schleyer-
Straße 8, 71063 Sindelfingen,

Time	Contents
Saturday, December 09	
Part 1	Basic techniques: Hand and foot techniques; stances, steps
	Break
Part 2	Kup grade Poomsae application / Part 1
	Break
Part 3	Dan Grade Poomsae application / Part 1
Sunday, December 10	
Part 1	Basic techniques: Hand and foot techniques; stances, steps (repetition and consolidation)
	Break
Part 2	Kup grade Poomsae application / Part 2
	Break
Part 3	Dan Grade Poomsae application / Part 2