

# Ik-pil Kang Academy

02 - 06 April 2024

Sindelfingen / Germany

First intensive seminar for poomsae players

Reach the next level now!

## **The Ik-Pil Kang Academy:**

>>> From now on the only face-to-face seminar with the legendary Poomsae-Master in Europe

>>> Practical seminar with theoretical part

>>> Exclusive teaching material

>>> Focus on the presentation

>>> Participants in the 5-day seminar receive a certificate of participation and the Ik-pil Kang-Academy trainer certificate

>>> Participants who book individual days will receive a certificate of participation

## **From the content:**

Precision, presentation, application / Speed, agility, strength / Agility for form Poomsae players / Shifting the centre of gravity and changing direction / Firm stance / Kicks: Precise and fast / Hand techniques / Using arms correctly / Forms Taeguk 4 to 8 and Koryo to Ilyo  
(For more details, please also see the schedule at the end of the programme)

## **Secure your place now!**

Please register by e-mail to: [redaktion@taekwondo-aktuell.de](mailto:redaktion@taekwondo-aktuell.de)

Please state the following when registering:

- Name
- Belt level
- Period of participation (5 days / desired day)
- Taekwondo Aktuell subscription number (if available) We look forward to your registration!

## **Info:**

E-mail [redaktion@taekwondo-aktuell.de](mailto:redaktion@taekwondo-aktuell.de) or phone: +49-(0)711-6071696

## **Place:**

Sindelfingen, Halle Grund- und Hauptschule Goldberg  
Goldbergstraße 34  
71065 Sindelfingen / Germany

## **Organisaton:**

Park Events International, Soo-Nam Park

<b>Prices and registration deadlines</b> <b>Please book in good time - places are limited!</b>			
Registration until	Taekwondo Aktuell membership	5 days 02 to 06 April	Individual days, per day 02./03./04./05./06.
Early bird (booking until 15 February)	With Taekwondo Aktuell subscription	500,00 Euro	110,00 Euro
Early booker (booking until 15 February)	Without Taekwondo Aktuell subscription	570,00 Euro	150,00 Euro
Regular (booking 16 February to 25 April)	With Taekwondo Aktuell subscription	600,00 Euro	125,00 Euro
Regular (booking from 20 February to 25 April)	With Taekwondo Aktuell subscription	670,00 Euro	165,00 Euro
Latecomers (from 26 April)	With Taekwondo Aktuell subscription	700,00 Euro	150,00 Euro
Latecomers (from 25 April)	With Taekwondo Aktuell subscription	770,00 Euro	190,00 Euro

<b>Timetable</b>				
date	Morning / 10:00-12:00 a.m.	Afternoon / 13:00-17:40	Focus	
2 April 2024	<ul style="list-style-type: none"> <li>- Training practice: speed, agility, strength, flexibility</li> <li>- Use of the arms: six variations</li> <li>- Shifting the centre of gravity correctly: walking, improving changes of direction</li> <li>- Taeguk 1jang</li> </ul>	Taeguk 4-jang, 5-jang, Koryo: Basic training and Poomsae practice	Accuracy, presentation, application	
		13:00-14:00		Taeguk 4-jang: Understanding and practising new movements
		14:10-15:00		Taeguk 5-jang: Understanding and practising new movements
		15:10-16:00		Understanding the new movements of the Koryo-Poomsae
		16:10-17:00		Koryo-Poomsae detailed practice and evaluation, questions
3 April 2024	<ul style="list-style-type: none"> <li>- Training practice: speed, agility, strength, flexibility</li> <li>- More precise kicks and higher speed</li> <li>- Taeguk 2-jang, 3-jang</li> </ul>	Taeguk 6-, 7-jang, Kumgang basic training and Poomsae practice	Accuracy, presentation, application	
		13:00-14:00		Taeguk 6 jang: Understanding and practising new movements
		14:10-15:00		Taeguk 7 jang: Understanding and practising new movements
		15:10-16:00		Taeguk 8 jang: Understanding and practising new movements
		16:10-17:00		Taeguk 4-8 Comprehensive practice and theory
17:10-17:40	Evaluation and questions			

4 April 2024	- Training practice: speed, agility, strength, flexibility - understanding and accelerating hand techniques and arm movements. - Combination of kick and hand techniques	Taebaek, Pyongwon, Sipjin		Accuracy, presentation, application
		13:00-14:00	Taebaek: Understanding and practising new movements	
		14:10-15:00	Pyongwon: Understanding and practising new movements	
		15:10-16:00	Shipjin: Understanding and practising new movements	
		16:10-17:00 17:10-17:40	Comprehensive practice and theory Evaluation and questions	
5 April 2024	- Training practice: speed, agility, strength, flexibility - Comprehensive training of hand techniques - Comprehensive kicking training	Jitae, Chonkwon, Hansu		Accuracy, presentation, application
		13:00-14:00	Jitae: Understanding and practising new movements	
		14:10-15:00	Chonkwon: Understanding and practising new movements	
		15:10-16:00 16:10-17:00	Hansu: Understanding and practising new movements Ilyeo: Comprehensive practice and theory	
		17:10-17:40	Evaluation and questions	
6 April 2024	Training practice: strength, flexibility - Comprehensive training of hand techniques - Comprehensive kick training	13:00-14:00	Taegeuk 1 - 6 jang	Comprehensive practice and evaluation
		14:10-15:00	Taegeuk 7, 8 jang, Koryo	
		15:10-16:00	Geumgang, Taebaek, Pyeongwon, Sipjin	
		16:10-17:00 17:10-17:40	Jitae, Cheon-kwon, Hansu, Ilyeo Evaluation and questions	