



TAEKWONDO
AKTUELL

GM IK-PIL KANG

OPEN TO WHOLE WORLD
POOMSAE TRAINING
SINDELFINGEN, GERMANY
7.-11. April 2026



DON'T MISS IT.
THIS IS A GREAT OPPORTUNITY TO
IMPROVE YOUR PRESENTATION SKILLS
WITH GM KANG IK-PIL.

Contact us at
info@taekwondo-aktuell.de
☎ +49 711 6071696

Ik-pil Kang Academy

7. – 11. April 2025

Sindelfingen / Germany

THE intensive seminar for Poomsae athletes

In focus: Presentation

"Poomsae competition rules change every year - but the basic principles of Taekwondo Poomsae as a martial art are timeless."

Grandmaster Ik-pil Kang

Experience the essence of Poomsae

Perfect your technique, optimise your presentation and master the timeless principles of Taekwondo Poomsae. Under the guidance of world champion and world champion trainer Ik-pil Kang from Seoul/Korea, you can expect a practice-orientated intensive seminar that will take you to the next level.

Highlights of the Ik-pil Kang Academy

- **The only face-to-face seminar with legendary trainer Ik-pil Kang in Europe**
- Practical seminar with in-depth theoretical part
- **Exclusive knowledge modules:** Only accessible on site
- In focus: perfect presentation
- Participants in the 5-day seminar receive:
 - A certificate of participation
 - **The exclusive Ik-pil Kang Academy certificate**
- Participants who book individual days will receive a certificate of participation

About Grandmaster Ik-pil Kang

World champion, world champion coach and author of the standard work *"Poomsae Explanation"*. Numerous successful athletes prepare for international competitions at his taekwondo school in Seoul, Korea. Benefit from his unrivalled expertise and his passion for Taekwondo forms.

From the content: Learn from the experts

- Precision, presentation, application
- Speed, manoeuvrability, strength
- Flexibility for form runners
- Shifting the centre of gravity and changing direction
- Perfect kicks and precise hand techniques

- Forms: *Taeguk 4 - 8* and *Koryo to Ilyeo*
- **Secure your place** - places are limited!
- **Early bird discount until 15 March 2026.**

Registration by e-mail to redaktion@taekwondo-aktuell.de. (Please complete the following form and scan or copy it into the e-mail)

Name	
First name	
Gender	
Date of birth	
Graduation Taekwondo	
Taekwondo Aktuell subscription number (if available)	
Period of participation	Please tick the box:
5 days (7. – 11. April 2026)	
Day 1 (7 April 2026)	
Day 2 (8 April 2026)	
Day 3 (9 April 2026)	
Day 4 (10 April 2026)	
Day 5 (11 April 2026)	

We look forward to your registration!

Info:

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

Venue:

Hall Grund- und Hauptschule Goldberg
Goldbergstraße 34, 71065 Sindelfingen / German

Responsible for the organization:

Park Verlag GmbH / Taekwondo Aktuell

Prices and registration deadlines

5 days	With Taekwondo Aktuell subscription	Without Taekwondo Aktuell subscription
Early bird price (until 15 March 2026)	500,00 €	570,00 €
Regular (from 16 March 2026)	600,00 €	670,00 €

Individual days

	With Taekwondo Aktuell subscription	Without Taekwondo Aktuell subscription
Early bird price (until 15 March 2026)	110,00 €	150,00 €
Regular (from 16 March 2026)	125,00 €	165,00 €

Timetable				
Date	Morning / 10:00-12:00	Afternoon / 13:00-17:30		Focus
7. April 2026	<ul style="list-style-type: none">• Physical training: speed, agility, strength, flexibility• Hand technique training: developing speed and power, including the six arm movement patterns• Hip mechanics: twisting and releasing, opening and closing• Weight shifting and turning: proper stepping, directional changes, and efficient mass transfer• Basic technique training through Taegeuk 1–4 :/I	Accuracy and advanced technique training		<ul style="list-style-type: none">• Detailed poomsae explanation, training, and application
		1:00~2:00 2:10~3:00 3:10~4:00	<ul style="list-style-type: none">• Taegeuk 5• Taegeuk 6• Taegeuk 7	
8. April 2026	<ul style="list-style-type: none">• Physical training: speed, agility, strength, flexibility• Power generation principles• Improving kicking accuracy and speed (front kick, side kick, roundhouse kick)	Accuracy and advanced technique training		<ul style="list-style-type: none">• Detailed poomsae explanation, training, and application
		1:00~2:00 2:10~3:00 3:10~4:00	<ul style="list-style-type: none">• Taegeuk 8• Koryo• Keumgang	
9. April 2026	<ul style="list-style-type: none">• Physical training: speed, agility, strength, flexibility• Ground reaction force, snap, impact, and timing training• Efficient mass transfer when connecting kicks and hand techniques	Accuracy and advanced technique training		<ul style="list-style-type: none">• Detailed poomsae explanation, training, and application
		1:00~2:00 2:10~3:00 3:10~4:00	<ul style="list-style-type: none">• Taebaek• Pyongwon• Sipjin	
10. April 2026	<ul style="list-style-type: none">• Physical training: speed, agility, strength, flexibility• Comprehensive basic-movement training• Basic technique training through Taegeuk 1–4 / II	Accuracy and proficiency training		<ul style="list-style-type: none">• Accuracy and proficiency training
		1:00~2:00 2:10~3:00 3:10~4:00	<ul style="list-style-type: none">• Koryo and Keumgang• Taebaek and Pyongwon• Sipjin	
11. April 2026	<ul style="list-style-type: none">• Physical training: speed, agility, strength, flexibility• Focused kick and hand-technique training• Basic technique training through Taegeuk 5–8	Accuracy and advanced technique training		<ul style="list-style-type: none">• Mastery evaluation and awarding ceremony
		1:00~2:00 2:10~3:00 3:10~4:00 4:10~5:00	<ul style="list-style-type: none">• Jitae• Cheonkwon• Hansu and Illyeo• Evaluation and awarding ceremony	
This seminar focuses on the training methods, technical processes, and practical interpretation of each technique.				