



**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  
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 +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 Illyeo*
- **Secure your place** - places are limited!
- **Early bird discount until 15 March 2026.**  
Registration by e-mail to [redaktion@taekwondo-aktuell.de](mailto: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)	<input type="checkbox"/>
Day 1 (7 April 2026)	<input type="checkbox"/>
Day 2 (8 April 2026)	<input type="checkbox"/>
Day 3 (9 April 2026)	<input type="checkbox"/>
Day 4 (10 April 2026)	<input type="checkbox"/>
Day 5 (11 April 2026)	<input type="checkbox"/>

We look forward to your registration!

**Info:**

E-mail [redaktion@taekwondo-aktuell.de](mailto: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
<b>Early bird price (until 15 March 2026)</b>	500,00 €	570,00 €
<b>Regular (from 16 March 2026)</b>	600,00 €	670,00 €

**Individual days**

	With Taekwondo Aktuell subscription	Without Taekwondo Aktuell subscription
<b>Early bird price (until 15 March 2026)</b>	110,00 €	150,00 €
<b>Regular (from 16 March 2026)</b>	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"> <li>Physical training: speed, agility, strength, flexibility</li> <li>Hand technique training: developing speed and power, including the six arm movement patterns</li> <li>Hip mechanics: twisting and releasing, opening and closing</li> <li>Weight shifting and turning: proper stepping, directional changes, and efficient mass transfer</li> <li>Basic technique training through Taegeuk 1-4 :/I</li> </ul>	Accuracy and advanced technique training 1:00~2:00      • Taegeuk 5 2:10~3:00      • Taegeuk 6 3:10~4:00      • Taegeuk 7		<ul style="list-style-type: none"> <li>Detailed poomsae explanation, training, and application</li> </ul>
8. April 2026	<ul style="list-style-type: none"> <li>Physical training: speed, agility, strength, flexibility</li> <li>Power generation principles</li> <li>Improving kicking accuracy and speed (front kick, side kick, roundhouse kick)</li> </ul>	Accuracy and advanced technique training 1:00~2:00      • Taegeuk 8 2:10~3:00      • Koryo 3:10~4:00      • Keumgang		<ul style="list-style-type: none"> <li>Detailed poomsae explanation, training, and application</li> </ul>
9. April 2026	<ul style="list-style-type: none"> <li>Physical training: speed, agility, strength, flexibility</li> <li>Ground reaction force, snap, impact, and timing training</li> <li>Efficient mass transfer when connecting kicks and hand techniques</li> </ul>	Accuracy and advanced technique training 1:00~2:00      • Taebaek 2:10~3:00      • Pyongwon 3:10~4:00      • Sipjin		<ul style="list-style-type: none"> <li>Detailed poomsae explanation, training, and application</li> </ul>
10. April 2026	<ul style="list-style-type: none"> <li>Physical training: speed, agility, strength, flexibility</li> <li>Comprehensive basic-movement training</li> <li>Basic technique training through Taegeuk 1-4 / II</li> </ul>	Accuracy and proficiency training 1:00~2:00      • Koryo and Keumgang 2:10~3:00      • Taebaek and Pyongwon 3:10~4:00      • Sipjin		<ul style="list-style-type: none"> <li>Accuracy and proficiency training</li> </ul>
11. April 2026	<ul style="list-style-type: none"> <li>Physical training: speed, agility, strength, flexibility</li> <li>Focused kick and hand-technique training</li> <li>Basic technique training through Taegeuk 5-8</li> </ul>	Accuracy and advanced technique training 1:00~2:00      • Jitae 2:10~3:00      • Cheonkwon 3:10~4:00      • Hansu and Illyeo 4:10~5:00      • Evaluation and awarding ceremony		<ul style="list-style-type: none"> <li>Mastery evaluation and awarding ceremony</li> </ul>
This seminar focuses on the training methods, technical processes, and practical interpretation of each technique.				