

Poomsae Seminar

A Continuing Education Project of the MAC

Competition Poomsae

Learn how to perform a winning Poomsae the WTF way

~ Learn to Win!!!

PRESENTER: **Grandmaster Soon Pil Hong, Ph.D.**
USA Taekwondo(MAC) US Referee Chairman
8th Degree Black Belt-Kukkiwon
WTF International Referee-1st Class Sparring
WTF International Referee-3rd Class Poomsae
Kukkiwon International Hanmadang Referee 2nd Class

*Grandmaster Hong recently attended the WTF Poomsae Seminar in Russia
and is the highest ranking American
WTF certified to teach and referee the Poomsae.*

DATE: Friday, August 27

PLACE: Cincinnati Taekwondo Center
Headmaster, Master Paul Korchak
4325 Red Bank Road, Cinti., OH 45227
513-271-6900
pkorchak@cincinnatiTKD.com
CincinnatiTKD.com

TIME: 7:00 - 9:00 p.m.

FEE: **\$40.00**

DRESS: **DoBok**

SEMINAR OVERVIEW:

- This Poomsae Seminar is for Junior and Senior students of all ranks.
- The Seminar will cover the prescribed methods of stances, chambers, turning, focus, breathing, Kihap ... all the basics which make a difference when it comes to earning/losing points.
- The Poomsae will be the Taegeuk under Black Belt; Koryo, Geumgang, Taebaek, Pyongwon above Black Belt - ***NOTE: It is NOT the intent of this Seminar to teach the Poomsae itself; but to teach how to perform a winning Poomsae the WTF way.***
- Level of difficulty: depends on the skill levels of the participants