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Introduction to Standardized WTF Poomsae – Technical and Judging Seminar

Dear Grandmasters, Masters, Instructors and Black Belts;

We are excited to be hosting a Poomsae seminar in Yorkton the Friday before the Wildfire Tournament. The WTF has been conducting standardization seminars and Taekwondo Canada has in turn been conducting certification seminars. Already at the national level events the Poomsae is judged according to this new standard. It will take time for this new standard of performance and judging to filter down to local events. Our Introduction to Standardized WTF Poomsae Seminar, although not a certification seminar, will be of great educational value for an advanced understanding of the modifications and be of great assistance in future attendance at the National Seminars.

The Seminar will be conducted by Master Duk Sang Ha with assistance from Mr. Jesse Mitchell.

Master Duk Sang Ha - 5th Dan Kukkiwon
Taekwondo Canada's Male Athlete of the Year 2000
Canadian National Taekwondo Poomse Champion & Gold Medallist (many times)
Canadian Junior National Forms Champion
World Muye Championship (Korea) - 6th place Team Canada member

Mr. Jesse Mitchell – 4th Dan Kukkiwon
August 3-5, 2006 - attended National Poomsae certification seminar
1999 National Poomsae Silver medallist
1996 National Poomsae gold medallist
1995 NAIG Games – double gold medallist

Where: Kees Taekwondo
9 Broadway Street West
Yorkton, Sask., Canada

When: Friday November 3, 2006

Time: 1:00 PM to 4:00 PM

Eligibility: 15 year old 1st Dan Kukiwon and up

Attire: WTF Dobok must be worn

Cost: \$53.00 (including GST)
make cheque payable to “Prairie Wildfire Taekwondo”

Deadline: Registration to reach us by Friday Oct 27th

Late charge: add \$15 for registration after deadline

Agenda

(subject to change)

01:00 Attendance & Final registration
01:10 Taegeuk Poomsae
01:45 Dan Poomsae up to your Dan Level
02:30 Judging
03:15 Self Defence
04:00 Closing



Poomsae Seminar
Introduction to WTF Standardized Poomsae
Technical and Judging

PLEASE PRINT

Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____ Birthday: _____ Age: _____ Sex: _____

KKW Dan : _____ Certificate Number: _____ Date issued: _____

Home Phone: _____ Business Phone: _____ Fax: _____

Email: _____

Signature: _____

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