

GM Kang Ik Pil
Advanced Poomsae Training
Online Edition – 3rd and 4th of April 2021

OUTLINE



Dear Taekwondo Friends,

KTA Harrogate & Taekangwon have the pleasure to invite you to the next advanced training session hosted by Grand Master Kang Ik Pil.

Grand Master Ik Pil Kang, World Poomsae Champion, Coach of several World Poomsae Medalists, official instructor of World Taekwondo and Kukkiwon, and author of the Taekwondo bestseller -The Explanation of Official Taekwondo Poomsae- will once again share insights and explanations on various Poomsae. Do not miss the chance to also ask your questions as several Q&A sessions are included.



We look forward in seeing you online,

Master Kambiz R Ali
International Event Director



Organization

Organisers	
Host	Grandmaster Kang Ik Pil
Internation Event Director	Master Kambiz R Ali
Contact information	admin@harrogatetaekwondo.co.uk mobile: (+44) 7944 988806
Sponsored by	

Registration

All registration are done through <https://martial.events>. Register on time as event is limited.

Payment

All payments are processed through Martial Events. Consult next page (schedule) for rates and dates. In case of cancellation of the event, the entry fee remains valid for the next training session organized.

COVID-19

Stay healthy and safe/ Please follow your local and national guidelines when participating at this event.

Hashtags

#taekangwon #kta #ikpilang #rangesports #JCUK #poomsae



Schedule

	Weekend Pass	Day Pass	Session Pass	Poomsae	Start	End		
Saturday 3 rd of April	100 euro	60 Euro	35 Euro	Advanced general training Poomsae	8.00 am (UK)	9.45 am (UK)		
				Balance				
				Expression of energy				
				Q&A				
			Break				9.45 am (UK)	10.00 am (UK)
			35 Euro	Taegeuk Pal Jang	10.00 am (UK)	12.00 pm (UK)		
				Power & Speed				
				Coordination of rhythm & tempo				
Q&A Taegeuk Pal Jang								
Sunday 4 th of April	100 euro	60 Euro	35 Euro	Koryo	8.00 am (UK)	9.45 am (UK)		
				Power & Speed				
				Coordination of rhythm & tempo				
				Q&A Koryo				
			Break				9.45 am (UK)	10.00 am (UK)
			35 Euro	Keumgang	10.00 am (UK)	12.00 pm (UK)		
				Power & Speed				
				Coordination of rhythm & tempo				
Q&A Keumgang								

