

Taekwondo Australia recently conducted a nationwide poomsae standardization seminar in Melbourne during the early part of this year. The seminar was conducted by TA's National Technical Committee and headed by Master Hung-Kook Kang, TA's National Technical Director and Coach. All states were represented and four Head Instructors and poomsae coaches from WA attended and participated.

All states were empowered to spread this standardization of poomsae to all poomsae players. This will benefit all as we will adopt the standard format in WA as passed down by Master Kang for Australia. Taekwondo WA will conduct the poomsae standardization session:

On: Sunday 20th June 2010

At: the Kwinana Recreation Centre (Kwinana Recquatic), corner Chisham and Gilmore Avenues, Kwinana; opposite the Kwinana Hub shopping centre.

Time schedules:

9 am to 11 am: Taegeuk 1 to Taegeuk 4 poomsae

11 am to 1 pm: Taegeuk 5 to Taegeuk 8 poomsae

2 pm to 4 pm: Koryo to Pyongwon black belt poomsae

Cost: \$15 per 2 hour session block (as above) or pay \$5 per poomsae. Payments will be accepted at the start of the training sessions.

Show your Taekwondo Australia rego card (green) to get the above prices, otherwise pay an additional \$10 per training session block as above.

Uniform: taekwondo white dobok, no training shoes to be used while in training.

The seminar and training sessions are open to all belts and all players for those poomsae that each player will want to learn and standardize.

Spectators will not be allowed in the training arena while the training seminar is in session.

Judging of poomsae at this year's WA State Taekwondo championships (August 2010) and Taekwondo Australia's National championships (October 2010) will be based on these standardized techniques and methods of execution. So it will be advantageous and beneficial to attend and learn and practice taekwondo poomsae the standard way for Australia.

PS: There will be a poomsae judging course to be held on Sunday 27th June (8:30 am to 4:30 pm), also at the Kwinana Recreation Centre. This will cover poomsae judging standardization and techniques for all the taegeuk poomsae and all the black belt poomsaes. A separate notice, including application forms will be sent out separately by early next week. This course will also cover refreshers and new qualifications for poomsae judges for all black belts above 15 years old.