

TA-Seminar Poomsae with Grandmaster Ik-Pil Kang



Grandmaster Ik-Pil Kang was World Champion in 2006 and is Coach of three present World Champions.

Date: May 22 to 24, 2010

Place: 71065 Sindelfingen/Germany, Gym of the Goldberg-Gymnasium (Frankenstraße 15)

Programme:

Saturday, May 22

10:00 to 12:00 Basic Techniques
13:00 to 15:00 Taeguk Il-Jang to Pal-Jang
15:15 to 16:00 Poomsae Jitae and Chongkwon

Sunday, May 23

10:00 to 12:00 Basic Techniques, Taeguk Il-Jang to Pal-Jang
13:00 to 15:00 Group 1: Poomsae Koryo to Shipjin with Ik-Pil Kang
Group 2: Taeguk Il-Jang to Pal-Jang with Soo-Nam Park (9th Dan)
15:15 to 16:00 Poomsae Hansu and Ilyo

Monday, May 24

Today: training regarding the special aspects of tournament preparation
10:00 to 12:00 Basic Techniques, Taeguk Il-Jang to Pal-Jang
13:00 to 15:00 Group 1: Repetition Poomsae Jitae, Chongkwon, Hansu, Ilyo
Group 2: Repetition Taeguk Il-Jang to Pal Jang, Koryo, Kumgang Taebaek
15:15 to 16:30 Demonstration and Correction of mistakes

Price: For Subscribers of the magazine Taekwondo-Aktuell:
one day – 50 Euro / two days – 90 Euro / three days – 110 Euro
Without Taekwondo-Aktuell subscription:
One day – 90 Euro / two days – 130 Euro / three days – 150 Euro

Registration and information: Taekwondo Aktuell, Phone: +49-(0)711-6071696, Fax: +49-(0)711-6071698
E-Mail: info@taekwondo-aktuell.de, www.taekwondo-aktuell.de

Accommodation:

- On May 22. and 23. overnight stay in the gym is possible for 10 Euro (for two nights). To stay on the night of the 21st may be possible, please check with us. If you want to stay in the gym, please inform us when you register for the seminar.
- Hotel Berlin, Berliner Platz 1, 71065 Sindelfingen (in walking distance from the gym),
Tel.: +49(0)7031-8655, www.hotelberlin-sindelfingen.de
Special price: double room, incl. Breakfast, 69 Euro per night, single room incl. breakfast 49 Euro per night.
(When you book the room, please tell the hotel that you take part in the seminar and that there is a special price.)