

UK Poomsae Seminar

Sunday 28th February 2010



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The Willison Centre,
Roade School, Stratford Road,
Northampton, NN7 2LP.

Grand Master TW Shin, 8th Dan
Judging Coordinator

Master Gemma Biescas, 6th Dan
BTCB Poomsae National Coach



For more information contact
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Search 'UK Taekwondo Poomsae'
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This seminar will benefit **students and instructors** who wish to improve their overall performance and knowledge of poomsae. This is an event not to be missed, if you are preparing for a **grading** or if you are planning to compete at the forthcoming **BTCB National Poomsae Championships in March 2010**.

The seminar will help you improve accuracy, power, speed and presentation.

10am – 12 pm

Open to all **Kup** grades. Dan grades may join in but the focus of this session is Kup grade Poomsae.

BTCB members and affiliated groups

£10 per student

1pm – 4pm

Open to all **Dan** grades

BTCB members and affiliated groups

£10 per student