

NATIONAL/INTERNATIONAL POOMSAE COACHES AND COMPETITORS SEMINAR

GENERAL INFORMATION

Date: Saturday, March 21

Time: 12-6:15 p.m.

Instructor: Barbara Brand

Instructor Credentials:

2013-2017	USA Taekwondo Athletic Advisory Council Representative
2012,2014-Present	US National Poomsae Team Coach
2012	US National Taekwondo Poomsae Team Captain
2007- 2012	US National Taekwondo Poomsae Team Member
2007,2008, 2010	World Taekwondo Poomsae Championship Medalist

Certified International Poomsae Referee

7th Dan

M.A. Education: Curriculum and Instruction, Professional Development Emphasis, CSU
Sacramento

Eligible Participants: Black Belts, Red Belts, Selected Blue Belts

Location:

Natomas Racquet Club
2450 Natomas Park Drive
Sacramento, CA 95833

Fee: \$100.

Required Materials:

1. Pre-registration is required. Your envelope with completed application, waiver, and fee must be postmarked on or before March 17. Please see next pages.
2. Dobok (WC style or standard v-neck)
3. Notebook

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EVENT SCHEDULE

3/21/2015

12 pm	Check-In
12:15-12:35 pm	2015 International Rules/Competition Format Update 2014 World Championship Video Review
12:35-1:45 pm	Technical Instruction Stance Accuracy Hand Technique Accuracy Hand Technique/Stance Synchronizaton/Locking Front Kick, Side Kick, Round Kick
1:45-2:45	Presentation Instruction Presets/Contrast/Flow: Taegeuks 4, 5, 6
2:45-3:05 pm	Delightful lunch and beverages will be served.
3:10-5:15 pm	Presets/Flow/Contrast: Taegeuks 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
4-5:45 pm	Individual Video and Playback
5:45-6:15 pm	Kick Strength Exercises

SACRAMENTO TAEKWONDO CLUB
NATIONAL/INTERNATIONAL
POOMSAE COACHES AND COMPETITORS SEMINAR

APPLICATION

**Please send completed application, waiver, and check for \$100. payable to
Sacramento Taekwondo Club to:**

**Sacramento Taekwondo Club
2450 Natomas Park Drive
Sacramento, CA 95833**

First Name:	Last Name:
Rank:	Kukkiwon #:
Address:	
Day Phone	Evening Phone
Email Address:	
Club Name:	Instructor:
Club Address:	
Club Phone:	Club Email:
Purpose for attending seminar. Please be frank.	

Sacramento Taekwondo Club

RELEASE OF LIABILITY AND ASSUMPTION OF RISK

I _____ desire to participate in the Sacramento Taekwondo Club 2015 Poomsae Coaches and Competitors Seminar. In consideration of the services of Sacramento Taekwondo Club, its agents, owners, officers, volunteers, participants, employees, or any person acting on their behalf (hereinafter collectively referred to as "STC"), I hereby agree to release and discharge STC, on behalf of myself, all of my family members, heirs, assigns, estate and any third party as follows:

1. I acknowledge that participating in STC activities, services and facilities entail significant risks, both known and unknown, which could result in physical or emotional injury, including death, damage to property or to third parties. Such risks include, among others, physical contact between myself and others and equipment, and negligence of other participants.

2. I understand, agree and acknowledge that some activities include physical or strenuous exercise or activity, understanding this, I certify that I have no medical, physical or mental conditions which would hinder my active participation in STC, or else I am willing to accept and assume and bear the costs and all risk that may be created, directly or indirectly, by any such condition.

3. **I expressly agree and promise to accept and assume all risks existing in these activities, both known and unknown, whether caused or alleged to be caused by the negligent acts or omissions of STC.** My participation is purely voluntary, and I elect to participate in spite of the risks.

4. **I voluntarily release, forever discharge, and agree to indemnify and hold harmless from any and all claims, demands or causes of action, which are in any way connected with my participation in the STC 2015 Poomsae Coaches and Competitors Seminar, or my use of STC's equipment and facilities, including any such claims which allege negligent acts or omissions of STC.**

5. I certify that I have adequate insurance to cover any injury or damage that I may cause or suffer while participation or else I agree to bear the costs of such injury or damage to myself. I verify that the information provided on my insurance policy is true and accurate.

6. I agree that the validity and enforceability of the Release and Assumption of the Risk will be governed by the substantive law of California.

7. Should STC or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

8. I agree to abide by the rules and regulations of STC.

I HAVE HAD SUFFICIENT OPPORTUNITY TO READ THIS ENTIRE DOCUMENT. I HAVE READ AND UNDERSTOOD, AND AGREE TO THE TERMS AND CONDITIONS OF THIS DOCUMENT.

By signing this document, I acknowledge that if anyone is hurt or property damaged during my participation in the STC 2015 Poomsae Coaches and Competitors Seminar, I may be found by a court of law to have waived my right to maintain a lawsuit against STC on the basis of any claim from which I have released STC herein.

Signature _____ Date _____ Print Name _____

Insurance Company Name _____ Policy # _____ Expires _____

Emergency contact person _____ Phone _____

PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION (Must be completed for participants under 18 years of age) In consideration of _____ ("Minor") being permitted to participate in the STC 2015 Poomsae Coaches and Competitors Seminar, and to use its equipment and facilities, I further agree to indemnify and hold harmless STC from all claims which are brought by or on behalf of Minor which are in any way connected with such use or participation by Minor.

Parent/Guardian _____ Date _____ Print Name _____