

Tiger Martial Arts and Hung Vuong are Honored to Present

# Poomsae Development Seminar

Presented by WT Poomsae Committee Member  
Grandmaster Raymond Hsu



We invite you to take this rare opportunity to train with  
Grandmaster Raymond Hsu

- Kukkiwon 8th Dan Blackbelt
- WT Poomsae IR Seminar Instructor
- WT 1st Class Kyorugi International Referee
- WT 1st class Poomsae International Referee
- Kukkiwon Hammadang International Referee
- PATU Poomsae Committee Member
- USAT Poomsae / Kyorugi Referee Seminar Instructor
- USAT Referee Supervisory Board Member
- WT World Poomsae Championship

**Saturday November 2, 2019 9:00 AM to 5:00 PM**

Blue belt students and higher belts  
Hung Vuong, 2050 Concourse Drive #70, San Jose

**Sunday November 3, 2019 9:00 AM to 3:00 PM**

Black belt competition team members only  
Tiger Martial Arts, 1111 West El Camino Real, Sunnyvale

Register online: <https://tma-academy.net/poomsae-seminar/>

Students should wear competition or training (regular) dobok and bring lunch, water, snacks, notepad, and pen. Seminar fee is \$60 for 1 day, or \$100 for both days.



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# Poomsae Development Seminar

Message from Master Chris Hung and Master Maryhien Pham

Tuesday October 8, 2019



## Invitation to the 2019 Poomsae Development Seminar

Greeting Masters, Instructors, Referees, Athletes, and Parents

We are deeply honored to host Grandmaster Raymond Hsu for the 3rd time to teach our schools the finer points of Taekwondo Sport Poomsae. Grandmaster Hsu is a member of the WT Poomsae Committee, and as such, **one of the top 8 authorities on Sport Poomsae in the world** [1] and internationally famous as referee and educator.

For our top-level athletes, Grandmaster Hsu can refine your presentation and share the latest accuracy updates. For our instructors, Grandmaster Hsu can help you see the poomsae errors in real time, and the details that top referees look for to assess accuracy mistakes and to gauge power & speed, rhythm & timing, and expression of energy. For parents, thank you for supporting us so we can host the best teachers for your children, I hope you find GM Hsu's presentation style interesting and informative so you can help your student-athlete continue to develop and grow at home.

Thanks to Master Wong for organizing this event!

Yours in Taekwondo,

Master C. C. Hung, Tiger Martial Arts Academy  
Master Maryhien Pham, Hung Vuong Institute

[1] <http://www.worldtaekwondo.org/about-wt/committee/#17>

# Poomsae Development Seminar Schedule

Schedule version 1.1 Last Updated Oct 9, 2019 5 PM

## Sport Poomsae for Athletes and Instructors

9AM Saturday Nov. 2, 2019

**Location:** Hung Vuong, 2050 Concourse Drive #70, San Jose

**Attendees:** Blue and higher belt students only

**Attire:** Competition Dobok or Training (Regular) Dobok

GM Hsu will present step-by-step details for competition forms Taegeuk 4, up to Taebaek. We will have a short mini-tournament for instructors to practice scoring student performances, led by GM Hsu. Athletes will receive feedback on how to improve their performances, and instructors will receive feedback on how to develop a better eye to see critical mistakes and distinguish good performances from great performances.

Athletes should bring water, snacks, notepad, and pen.

SESSION	TIME	TOPICS COVERED
Introductions	9:00 AM – 9:30 AM	Introductions, Latest News from the WT, and Overview
Session 1	9:30 AM – 10:30 AM	WT Sport Poomsae Fundamentals
	10:30 AM – 12:30 PM	Poomsae: Taegeuk 4, 5, 6, 7
Lunch	12:30 PM – 1:30 PM	<i>Lunch is provided by Hung Vuong</i>
Session 2	1:30 PM – 3:30 PM	Poomsae: Taegeuk 8, Koryo, Keumgang, Taebaek
Session 3	3:30 PM – 5:00 PM	Sport Poomsae Scoring and Feedback

## Introduction to Freestyle and Sport Poomsae Scoring

9AM Sunday Nov. 3, 2019

**Location:** Tiger Martial Arts, 1111 West El Camino Real, Sunnyvale

**Attendees:** Black belt competition team members only

**Attire:** Competition Dobok

GM Hsu will present an interactive seminar on Freestyle competition and scoring. We will have a focused mini-tournament for athlete performances to be scored by guest International Referees, led by GM Hsu.

Athletes should bring water, snacks, notepad, and pen.

SESSION	TIME	TOPICS COVERED
Introductions	9:00 AM – 9:30 AM	Introductions, Latest News from the WT, and Overview
Session 1	9:30 AM – 11:30 AM	Introduction to Freestyle Poomsae Competition
	11:30 AM – 12:30 PM	Sport Poomsae Scoring and Feedback
Lunch	12:30 PM – 1:30 PM	<i>Lunch is provided by Tiger Martial Arts</i>
Session 2	1:30 PM – 3:00 PM	Sport Poomsae Scoring and Feedback