

## **WTF Poomsae Training Camp with Grand Master Kyung Chan Kim**

To ensure Psychkwondo stays up to date with the latest information, Amy & Pauline represented Psychkwondo at a recent Poomsae Training Camp held in Victoria by GM Kim.

The two day program included WTF rules, Poomsae Scoring Criteria, Basic Movements, Taekwondo Theory and Exercise/Fitness development.

Master Kim is a 9<sup>th</sup> Dan Grand Master and his qualifications include

- Referee Chairman at World Poomsae Championships
- Korean National Team Head Coach
- Coach of numerous World Champions
- Multiple National Champion & 7 times Hanmandang Poomsae Champion
- Korean Taekwondo Association Referee Chairman
- Member of Poomsae Technique Research Committee (KTA / WTF / Kukkiwon)

There were about 60 participants ranging through all ages, a few red belts up to 5<sup>th</sup> Dan black belts, some were national competition players and for others it was their first seminar on Competition Poomsae. Master Kim went through patterns from Taeguek Sar-Jang up to Poomsae Sipjin in great detail, demonstrating and getting all participants to refine their patterns to maximise their scores in competition. Competition Poomsae is scored on accuracy and presentation which was a key focus of the course, Master Kim showed the importance of accuracy in technique and demonstrated how to develop a rhythm in presentation. Each day consisted of 2 three hour training sessions which were demanding of mind and body. Some of the key concepts:

- Practice accurately one pattern in the morning and one in the afternoon, focusing on perfecting technique.
- Kihaps are very important in expressing your “chi” or energy. Patterns should display your energy!
- Tae Kwon Do is about mind, body and soul working together as one.
- Specific training and understanding of the scoring outlines are crucial for Competition Poomsae.

It was a very informative weekend and definitely worthwhile. Amy & Pauline will now endeavour to filter the information throughout Psychkwondo.