

National Poomsae Development Plan

- **Dates - TBC**
 - Feb 16th
 - March 23rd
 - April 7th
 - May 18th
- **Cost - €10 per development training session**

	Feb 16th	March 23rd	April 7th	May 18th
10:00 to 12:00	All grades and Dan Grades	All grades and Dan Grades	All grades and Dan Grades	All grades and Dan Grades
12:30 to 2:30	K2,K1, Dan Grades	K2,K1, Dan Grades	K2,K1, Dan Grades	Invitation only

We may look to increase the amount of sessions per month when training towards competitions.

- **Format**

Our initial plan is to have Poomsae levels broken into 3 streams, similar in practise to the Kyrougi setup.

General Development sessions will aid those interested in learning and training in competitive Poomsae.

Squad sessions will be for those selected and invited to train at the next level.

At these sessions teams and pairs may also be matched to compete together.

National Team competitors will be selected from Squad competitors having also met the required criteria. (Criteria will be developed and published over the coming months).

The format of the initial 3 training days will be to train and review all interested candidates and ensure that all basics are known and understood by those wishing to progress to National Squad training. (Details below).

Players selected for squad inclusion will be contacted through their instructor.

It is vital that clubs with Poomsae squad players set aside time and instruction for these players for poomsae practise as part of their regular training.

Minimum Initial Squad Requirements:

Minimum age for squad inclusion will be 10 years old (Peewee). K2 and above.

Attendance at designated training sessions.

Completion of online competition records.

Basic Taekwondo 14 Movements

1. 준비서기 NARANI-SEOGI/PARALLEL STANCE
2. 주춤서기 JUCHUM-SEGI/HORSEBACK RIDING STANCE (몸통지르기) WITH PUNCHING.
3. 내려막기 NAERYEO-MAKGI/DOWNWARD BLOK (앞굽이) WITH APGUBI/ FORWARD STANCE
4. 안막기 AN-MAKGI/INWARD BLOCK
5. 올려막기 OLLYEO-MAKGI/UPWARD BLOCK
6. 등주먹 앞치기 DEUNGJUMEOK-AP-CHIGI/BACK FIST FORWARD STRIKE
7. 손날 목치기 SNNAL-AN-CHIGI/KNIFE HAND INWARD STRIKE
8. 반대 지르기 BANDAE-JIREUGI/PUNCHING
9. 바로 지르기 BARO-JIREUGI/PUNCHING
10. 손날거들어바깥막기 SONNAL-GEODEUREO-BAKKAT-MAKGI/KNIFE HAND SUPPORTING OUTWARD BLOCK (뒷굽이) WITH BACK STANCE
11. 바깥막기 BAKKAT-MAKGI/OUTWARD BLOCK
12. 앞차기 AP-CHAGI/FRONT KICK
13. 돌려차기 DOLLYEO-CHAGI/ROUNDHOUSE KICK
14. 옆차기 YEOP-CHAGI/SIDE KICK

Poomsae :

Taeguk 3,4,5