

Freestyle Poomsae Performance Plan

2018 Canada Open

(September 14– September 16, 2018 /Richmond, British Columbia, Canada)

* Please Fill out required information and free style poomsae performance plan, and send it to poomsae@taekwondo-canada.com **by no later than September 7, 2018** with the subject line **Choreography & Music Submission** – and name of athlete(s).

Name of Association	
Title of Free style Poomsae	
Number of team members	Male () Female ()
Name of Music	
Division	Individual Male Female Pair Mixed Team
Contact Person (name and email)	

Subject:	<i>(Please briefly explain the theme of performance)</i>
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Performance Plan	
Performance 1. Heights of Jump (Side kick)	<i>(Please describe your performance plan keeping the order of the requirements 1-5 indicated in the left column)</i>
Performance 2. Number of kicks in a jump (Front kick)	
Performance 3. Gradient of spins in a spin kick (Spinning hook kick or turning kick)	
Performance 4. Performance level of consecutive kicks (Kyorugi style kick)	
Performance 5. Acrobatic actions	
Key point of your performance	