

POOMSAE  
COACHING  
ACADEMY  
2021

PROGRAM  
GUIDE

# Table of Contents

# STITCHES TO CO

03

Introduction

04

Important Details

06

Workshops

08

Meet the Facilitators

09

Schedule

10

Contact

Taekwondo Canada is proud to announce the Poomsae Coaching Academy.

The Poomsae Coaching Academy was organized to support the [Four Pillars of Taekwondo Canada's Poomsae Program](#) and celebrates the value of collaboration and mentorship within the taekwondo community.

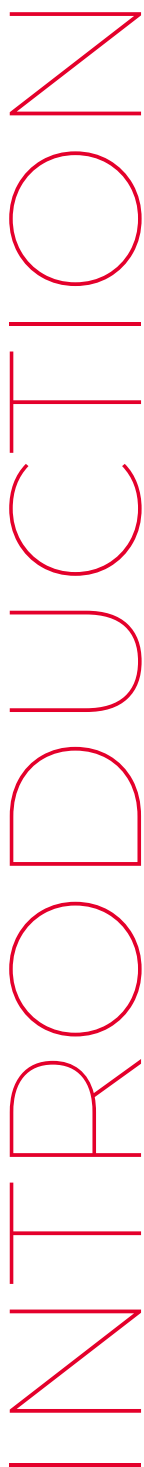
The Poomsae Coaching Academy is a series of interactive online workshops focused on supporting Canadian Poomsae Coaches and further developing poomsae in Canada. All Grassroots and High Performance Poomsae coaches are welcome to participate to gain the tools they need to help lead their athletes to fulfilling their full potential.

Coaches are encouraged to enroll in all workshops to optimize their experience and knowledge. However, they may choose to participate in a select few. Although there are no prerequisites for each workshop, please note that some of the workshops are linked (Part 1 and Part 2), therefore coaches should consider taking both. Coaches that are registered with the National Coaching Certification Program (NCCP) will receive 2 Professional Development (PD) Points per workshop that they participate in, to the maximum allowable by the Coaching Association of Canada (CAC).

Workshops are three hours and will be conducted in Korean or Russian with English and French translation available.

From basic and freestyle drills to techniques to improve balance and proprioception to sport taping, there is a workshop for every coach.

Taekwondo Canada is excited to continue the growth of poomsae in Canada with this excellent Coach Development opportunity!



# IMPORTANT DETAILS

## REGISTRATION



Registration Opens: August 16, 2021 at 12:00 AM ET  
Registration Closes: the day before each workshop  
Register on the [Taekwondo Canada website](#) or [here](#)

Taekwondo Canada reserves the right to cancel workshops if the minimum number of participants is not met. **Insufficient registrations 14 days prior to the workshop will result in a cancellation.**

In the event that Taekwondo Canada issues a workshop cancellation, a full refund will be given to all participants.

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## COST



All Six (6) Workshops: \$199.00 CAD  
Single Workshops: \$50.00 CAD

2021 Online National Poomsae Team: \$149.00 CAD for all six workshops



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## LANGUAGE

Workshops will be conducted in Korean or Russian.  
English and French translations will be provided.

# IMPORTANT DETAILS



## FORMAT

All workshops will be conducted online via Zoom. Zoom links will be emailed to participants following registration.

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## EQUIPMENT/MATERIALS

Workshops require adequate space to participate (ie. similar to an online taekwondo class). Participants should wear comfortable, loose clothing. Workshop specific materials will be identified in the Workshop Descriptions (page 6-7).

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## ELIGIBILITY

Residents of Canada must be participants registered with Taekwondo Canada.

International coaches are permitted.

# WORKSHOPS

See Workshop descriptions below:

1

## RECOGNIZED POOMSAE TRAINING PART 1

This workshop will focus on sport poomsae specifics - stances, blocks, hand techniques, and kicks. Emphasis will be placed on how to execute the sport poomsae specifics listed above, as well as training methods, such as drills and cues to look for. After completing the workshop, coaches will have various drills they can implement with their own athletes.

2

## RECOGNIZED POOMSAE TRAINING PART 2

Building on content learned from Recognized Poomsae Training Part 1, Part 2 will apply the sport poomsae specifics to recognized poomsae. Specific poomsae will be determined during the workshop, based on the needs and interests of the coaches registered.

3

## FUNCTIONAL MOVEMENT TRAINING METHOD FOR POOMSAE

Coaches will take part in functional movement techniques that are used to prevent injuries. Emphasis will be placed on preventative movement techniques for common sport poomsae injuries. This workshop will also explore stretching drills and exercises to maximize the movements needed for high level competitive sport poomsae.

4

## BALANCE AND PROPRIOCEPTION TRAINING METHOD FOR POOMSAE

This workshop will discuss the importance of balance and proprioception in relation to executing kicks and various movements. Coaches will take part in various drills to help improve balance and proprioception. These drills can then be used with their own athletes!

# WORKSHOPS

## 5

### HOW TO IMPROVE FLEXIBILITY AND ACROBATIC TRAINING METHOD

Acrobatics is a major component of freestyle poomsae! Led by a world leading gymnastics instructor, coaches will learn step by step how to break down and teach various acrobatic moves to their athletes. Coaches will also participate in specific flexibility drills that compliment acrobatic movements commonly used in sport poomsae.

## 6

### FREESTYLE POOMSAE KICKS TEACHING METHOD

Freestyle poomsae includes a wide range of complex kicks that highlight aerial and rotational movements while maintaining balance and showcasing flexibility. This workshop will focus on common freestyle poomsae kicks and teaching coaches how to break down each kick into achievable steps.

## 7

### FREESTYLE POOMSAE KICKS TEACHING METHOD AND BIOMECHANICS

This workshop will explore the biomechanical principles and most up to date research regarding spinning freestyle poomsae kicks. Coaches will examine spinning kicks and practice breaking down complex movements to support athletes achieve optimal success.

## 8

### SPORTS TAPING FOR COMPETITION POOMSAE

Injury prevention exercises and techniques cannot be overlooked. Coaches will build on training exercises from other workshops, as well as have the opportunity to learn basic taping techniques for injury prevention and recovery. Specific attention will be paid to ankle and knee injuries, the most common injuries in sport poomsae.

**\*\*NOTE: ALL PARTICIPANTS MUST HAVE 2 ROLLS OF ATHLETIC TAPE, 1 ROLL OF KINESIOLOGY TAPE AND UNDERWRAP TO PARTICIPATE IN THIS SEMINAR\*\***

# MEET THE FACILITATORS



## MASTER DONG KWON KANG

- PhD, Sports Biomechanics
- Current director of Korea Society of Sports Biomechanics
- Former member of Korea National Demonstration Team
- Former Member of Kukkiwon Demonstration Team



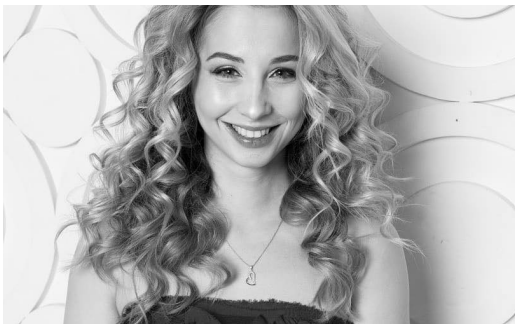
## MASTER MIN WOO JEON

- PhD Sports Psychology
- Thesis - *"The Effects of Psychological Disturbing Factors on Korean National Poomsae Athletes' Performance and Solutions"*
- President of World Taekwondo Poomsae Trainers Association (WTPTA)
- Korea National Poomsae Team Coach



## MASTER SI HOON SUNG

- Current Director of National Taekwondowon Demonstration Team
- Current Professor at Kukkiwon International Masters Academy
- Former Kukkiwon Demonstration Team Coach
- Performed in more than 50 countries with Kukkiwon Demonstration Team
- Featured on various TV shows, including CONAN with Conan O'Brien



## YULIA EMELYANENKO

- Bronze Medalist at the World Acrobatic Championships
- Bronze Medalist at the World Acrobatic Games
- Silver and Bronze Medalist of European Acrobatic Championships
- Featured in viral social media video with 32 million views



## MASTER MOO SUNG KIM

- MSc
- Athletic Therapist, Korea National Poomsae Team
- Co-author of Science Citation Indexed thesis on sports medicine



## MASTER CHAE RIN KIM

- Former Athletic Therapist for the Kukkiwon Demonstration Team
- Former Athletic Therapist for Kyunghee University Poomsae Team



# SCHEDULE

All workshops will be 3 hours and begin at 7 PM ET

SATURDAY

**SEPTEMBER 11**

RECOGNIZED POOMSAE  
TRAINING PART 1

FUNCTIONAL MOVEMENT  
TRAINING METHOD FOR  
POOMSAE

*Facilitators:*

*Master Min woo Jeon &  
Master Moo sung Kim*

Registration Closes - September 10, 11:59 PM ET

SUNDAY

**SEPTEMBER 12**

RECOGNIZED POOMSAE  
TRAINING PART 2

BALANCE AND  
PROPRIOCEPTION TRAINING  
METHOD FOR POOMSAE

*Facilitators:*

*Master Min woo Jeon &  
Master Moo sung Kim*

Registration Closes - September 11, 11:59 PM ET

SATURDAY

**SEPTEMBER 18**

HOW TO IMPROVE FLEXIBILITY  
AND ACROBATIC TRAINING  
METHOD

*Facilitator:*

*Yuliia Emelyanenko*

Registration Closes - September 17, 11:59 PM ET

SUNDAY

**SEPTEMBER 19**

FREESTYLE POOMSAE KICKS  
TEACHING METHOD

*Facilitator:*

*Master Si Hoon Sung*

Registration Closes - September 18, 11:59 PM ET

SATURDAY

**SEPTEMBER 25**

SPORTS TAPING FOR  
COMPETITION POOMSAE

*Facilitators:*

*Master Moo sung Kim &  
Master Chae Rin Kim*

Registration Closes - September 24, 11:59 PM ET

SUNDAY

**SEPTEMBER 26**

FREESTYLE POOMSAE KICKS  
TEACHING METHOD AND  
BIOMECHANICS

*Facilitator:*

*Master Dong kwon Kang*

Registration Closes - September 25, 11:59 PM ET

# CONTACT

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