



# BRITISH TAEKWONDO CONTROL BOARD



## REGIONAL POOMSAE TRAINING MIDLANDS REGION

Chan Sau | BTCB Regional Poomsae Coach

Sunday 20<sup>th</sup> March 2010



Chan Sau is BTCB Regional Poomsae Coach for the Midlands Region. He is 2009 BTCB British National Poomsae Championship Gold Medallist, a current National Poomsae Team member and secured Gold at the 2008 Commonwealth Championships in Canada. Chan has also represented Great Britain at both World and European level.

The monthly regional sessions will benefit **students and instructors** who wish to improve their overall performance and knowledge of poomsae. This is an event not to be missed especially if you are preparing for the forthcoming **Black Belt Dan Gradings** or the **2010 BTCB National Poomsae Championships 27-28<sup>th</sup> March 2010** the following week.

Regular attendance at monthly Regional Training sessions are compulsory for all athletes looking for selection to the Midlands Regional Team for the 2010 Inter-Regional Championships as well as recommendation to the National Squad for selection for this years World Championships and Commonwealth Championship as well as other future events.

<p><b>The aim of the regional sessions are to improve:</b></p> <ul style="list-style-type: none"> <li>- Accuracy    - Power</li> <li>- Speed        - Presentation</li> </ul>	<p style="text-align: center;"><u>Venue</u> Kang Han Dojang, 197 Beardall Street, Hucknall, Nottingham, NG15 7JU</p>
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<b>Sessions Commence:</b>	<b>All Kup Grade Poomsae Taeguk 1 – 8</b>	<b>10.00 – 1.00pm</b>
	<b>Taeguk 6 – Higher Dan Grade Poomsae</b>	<b>2.00pm – 5.00pm</b>

This months double Regional Session is open to all grades and mainly concentrate on improving presentation and performance of poomsae especially for the National Championships.

3<sup>rd</sup> Kup and below students are recommended to attend the morning session, 2nd Kup and above recommended for the afternoon session through are welcome to attend both

**Cost: £7.00 per session / £10.00 both**

For any further information and to register your place  
Please contact Chan Sau (07595 278936 or email [chansau@aol.com](mailto:chansau@aol.com))

**PLEASE ENSURE YOU BRING A VALID LICENCE!**  
**NO LICENCE - NO TRAINING - NO EXCEPTIONS**

