

MASTER ANGELITO ONG

6th Dan Kukkiwon Black Belt

GOLD - CANADA OPEN - INDIVIDUAL - 2019
GOLD - PUERTO RICO OPEN - INDIVIDUAL - 2019
SILVER - NCTA - INDIVIDUAL - 2020
SILVER - PAN - AM OPEN - INDIVIDUAL - 2018
BRONZE - PAN - AM OPEN - INDIVIDUAL - 2020
BRONZE - US OPEN TEAM POOMSAE - 2020

MOD POOMSAE

SEMINAR FOR BEGINNERS & ADVANCE

SCHEDULE

COLORED BELT:

Taeguk 1 to Taeguk 8

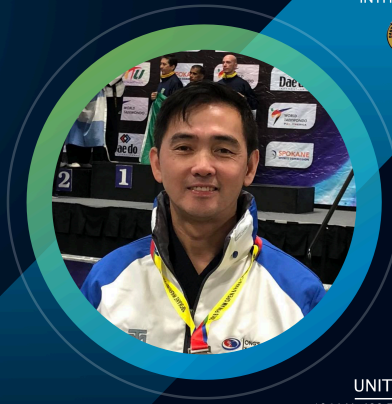
From: 9:30 - 11:30 am.

BLACK BELT

Koryo, Keumgang, Taebek, Pyongwon, Sipjin & Hansu.

From: 12:30 pm to 2:30 pm.

REGISTER
INTHETMS.COM



02
MAY - 2021

UNITED FUTSAL CENTER

1966 N. 400 E. North Ogden. Utah 84414

MOD SEMINAR SCHEDULE MAY 2, 2021

VENUE: United Futsal Center - 1966 N. 400 E. North Ogden Utah 84414

COLORED BELT

9:30 AM TO 11:30 AM

TOPIC

TAEGUK FORMS

BLACK BELT

12:30 PM TO 2:30 PM

TOPIC

BLACK BELT FORMS

MOD Poomsae Seminar by Master Angelito Ong

This seminar will discuss on how to improve techniques on different kicks, improve breathing and control power on certain movements. In addition, learn different blocking techniques, strikes and stances that are currently accepted styles of poomsae in WT, AAU etc. Furthermore, the seminar will look into the details of all the forms to achieve better overall scores on poomsae competitions.

Summary:

All Taeguk Forms (Taeguk 1-8)
Black Belt Forms from Koryo to Hansu
Power Techniques
Presentation Technique
Accuracy Technique
Basic Movement
Competition Key Points

Price

\$40.00 on Colored Belt Schedule 1
\$40.00 on Black Belt Schedule 2
\$75.00 for Both Schedules (Only for Blackbelts)

You can register online at (inthetms.com). Only limited spots available.