

BITMATT, PAUL Koryo Taekwondo Centre Male Black 1st Dan 31-50 Geumgang

Event Name

Match Number

Pattern No.

Judges

City West 2009 Pooms - R #0001 - H < > 1 2 1 2 3 < >

Category	Sub-Category	Score Allocation									
Movement Accuracy	Accuracy in Basic Movement	0.1 Deductions					0.5 Deductions				
	Accuracy in Individual movement of the Poomsae	-	2	+			-	0	+		
Mastery	Extent of Movement	1	.9	.8	.7	.6	.5			0.9	
	Balance	1	.9	.8	.7	.6	.5			0.9	
	Power and Speed	1	.9	.8	.7	.6	.5			0.9	
Presentation	Co-ordination of Rhythm Tempo / Tone and Power	1	.9	.8	.7	.6	.5			0.9	
	Expression of the 'KI'	1	.9	.8	.7	.6	.5			0	

Poomsae Competition Scoring Guidelines

Arian Sadiqi



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Taekwondo Unleashed: Mastering Techniques, Cultivating Strength, and Empowering Lives in 2024 and beyond Arian Sadiqi, 2024-12-18 Taekwondo Unleashed is your ultimate guide to mastering the art of Taekwondo while embracing its transformative impact on mind body and spirit Designed for practitioners of all levels this comprehensive book combines cutting edge techniques timeless philosophies and actionable strategies to help you unlock your true potential in 2024 and beyond Authored by a seasoned martial arts expert Taekwondo Unleashed goes beyond physical techniques to explore the core principles of discipline resilience and empowerment Inside you ll discover Step by step guidance on mastering foundational and advanced Taekwondo techniques Insights into building physical strength flexibility and endurance Strategies for cultivating mental focus emotional balance and spiritual harmony Inspirational stories of how Taekwondo has transformed lives worldwide Practical advice for leveraging Taekwondo as a tool for personal and professional growth Whether you re a beginner looking to embark on your martial arts journey an experienced practitioner seeking to refine your skills or a coach aiming to inspire your students Taekwondo Unleashed offers something for everyone Empower yourself to thrive in the ever evolving world of 2024 and beyond with this definitive guide to Taekwondo Embark on a journey of strength mastery and self discovery today

Injury and Health Risk Management in Sports Werner Krutsch, Hermann O. Mayr, Volker Musahl, Francesco Della Villa, Philippe M. Tscholl, Henrique Jones, 2020-04-21 This book is a comprehensive source of information and guidance on health risk management and medical care across the entire range of sports in athletes of all ages and ability General health aspects injury prevention first aid and emergency management diagnosis treatment rehabilitation and return to play are all addressed with presentation of practical recommendations throughout All medical disciplines with relevance for athletes from psychological aspects to dermatological issues are as well as main pathologies overuse injuries and indications for surgical treatment of all certain parts of the musculoskeletal system covered Key features include a clear structure short chapters in protocol format and the inclusion of helpful checklists and tips and tricks for a quick and in depth overview Detailed attention is paid both to the medical care specific to injuries of different parts of the body and to special considerations relating to individual sports Among the sport disciplines team sports athletics winter sports track and field martial arts motor sports and cycling extreme sports swimming and water sports racket sports other IOC sports and Paralympic sports are covered Due to raising population of certain modern non IOC sports e g E Sports beach sports flying sports and canyoning and paltry medical information in this disciplines we put a focus on them The book is a collaborative work from the newly created ESSKA section European Sports Medicine Associates ESMA which brings together the various disciplines of sports medicine It will be an ideal resource and decision making tool for doctors athletes coaches and physiotherapists

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