

1ST KOSHAMBI FOUNDATION Virtual POOMSAE CAMP 2021

Guest Session :-

W. Rajeswor Meitei

6th Dan BLACK BELT.

WT International referee.

Commonwealth Medalist.

22nd to 26th May 2021

Instructor:-

Parmendra Swaroop

2nd Dan BLACK BELT.

National Referee.

Poomsae

- BASIC
- KICKS
- STRENGTH
- BALANCE
- DRILLS

Register now



Registration link:- koshambifoundation.org

Contact :-
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email.-ace95swaroop@gmail.com



Organizer



Promoter



Supporter



Collaborator

1st Koshambi Foundation Virtual Poomsae Camp 2021

OUTLINE

DATE	22ND TO 26TH MAY 2021	
VENUE	Online Zoom Meeting	
ORGANIZER	KOSHAMBI FOUNDATION , INDIA	
PROMOTER	UTTAR PRADESH TAEKWONDO ASSOCIATION,LUCKNOW, INDIA DISTRICT TAEKWONDO ASSOCIATION,AGRA	
SUPPORTER	W.R.M TAEKWONDO ACADEMY AND FITNESS CENTER,BANGALORE	
COLLABORATION	VIJAY BAHADUR MEMORIAL SPORTS ACADEMY	
REGISTRATION FEE	400/-	
FEE PAYMENT	First you will register yourself on website then our team will contact you and send payment details.	
Online Reg. link	http://form2.koshambifoundation.org/taekwondo/form/	
Last Date of registration & fee	21th May 2021	
Certificate	e- certificate on completion.	
SCHEDULE		
DAY 1:-	Basic , Taegeuk il jang to Taegeuk sam jang	(INSTRUCTOR)
DAY 2:-	Balance, Taegeuk sah jang to Taegeuk yuk jang	(INSTRUCTOR)
DAY 3:-	Strenght , Taegeuk tchil jang to koryo	(INSTRUCTOR)
DAY 4:-	Drills , kuemgang to shipjin	(INSTRUCTOR)
DAY 5:-	Advance poomsae Technique	(GRAND MASTER)