



POOMSAE TRAINING

With **MASTER BAILEY**

7th Dan World Taekwondo Federation
International Poomsae Referee
European and World Championship Judge
National Poomsae Coach for Scotland
British Poomsae Champion 1st Masters 2010



CORRECT POOMSAE PERFORMANCE
ACCURACY OF MOVEMENT
TECHNIQUE & PRESENTATION SKILLS
LATEST COMPETITION RULES
ELECTRONIC SCORING SYSTEM

OPEN TO ALL BTCB MEMBERS GREEN BELT & ABOVE

EVERY SUNDAY

Check website for any changes

11.00am to 1.00pm

CARRONSHORE COMMUNITY CENTRE

TEL: 01324-557004 MOBILE: 07812-580898