



Hosted By:
Master Garth Cooley
 8X US Poomsae Team/5X World Poomsae Finalist

**Train with Master Cooley
 and U.S. National Team Members!**

**Review, Practice, and Learn
 Taegeuk & WTF Black Belt Poomsae!**

Location:
 Korea Taekwondo Academy
 9340 Castlegate Drive Indianapolis, IN 46256
 317-841-8000

REGISTER NOW!
WWW.USPOOMSAE.COM



**Saturday
 August 15, 2015**

Technical Poomsae Instruction Course

Registration Fee
ONLY \$50.00 by 8/8/15
 \$65 after 8/8/15
Register Online by 8/8/15 for best rate!

Schedule
 Taegeuk Poomsae
 9:00 A.M.—12:00 Noon
 WTF Black Belt Poomsae
 1:00 P.M.—6:00 P.M.



COURSE MAX - 50 PARTICIPANTS!

- * Learn, improve, and review all required poomsae for competition!
- * Continuing education to become a better Competitor—Coach—Official—Instructor!
- * **Ideal preparation for—Competitors, Referees, and Coaches of U.S. Poomsae Champions Cup!**
- * All Taegeuk poomsae and WTF Black Belt poomsae required for competition will be thoroughly covered!
- * Teaching and reviewing poomsae WILL BE the main focus of this course.

