



G H BANK POOMSAE 2023 TAEKWONDO THAILAND CHAMPIONSHIPS

(October 13-15, 2023 / Fashion island, Bangkok, Thailand)

Free style Poomsae Performance Plan

GMS ID			
Name			
Team Name			
Age			
Name of Music			
Division	Individual	Pair	Team
	<input type="checkbox"/> Male	<input type="checkbox"/> Pair	<input type="checkbox"/> Mix
	<input type="checkbox"/> Female		
Contact Person (Name and Mobile)			
Subject:	<i>(Please briefly explain the theme of performance)</i>		
Performance Plan			
Performance 1. Heights of Jump (Side kick)	<i>(Please describe your performance plan keeping the order of the requirements 1-5 indicated in the left column)</i>		
Performance 2. Number of kicks in a jump (Front kick)			
Performance 3. Gradient of spins in a spin kick (Spinning hook kick or turning kick)			
Performance 4. Performance level of consecutive kicks (Kyorugi style kick)			
Performance 5. Acrobatic actions			
Key point of your performance			

2) Diagram of Free style Poomsae :