

# Injuries In Elite Taekwondo Poomsae Athletes

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### Injuries In Elite Taekwondo Poomsae

#### **Injuries in elite Taekwondo Poomsae athletes**

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1 Any Traditional or World Taekwondo Official Poomsae 2 Kyeorugi (Choose one: Elite / Open) All athletes must have 1) a proper uniform, and 2) their own sparring equipment Liability Waiver: I hereby submit my application to the 2018 National Capitol Open Championship I ...

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Taekwondo Championship, which will be held on Saturday, March 25, 2017 school (academy), or associations connected with Grandmaster HK Lee (Hyeon Kon Lee) for any injuries I may sustain, and likewise will assume full responsibility for all my actions in connection with the Championship 11 & Under Poomsae Elite Sparring 10:00 am 11

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Taekwondo School Name Home BLACK BELT ELITE LEVEL Koryo Tae Baek Keum Gang Ship Jin Designted Poomsae SENIOR Taeguek 7 Division / Age CADET JUNIOR Ages 10 - 11 Ages 12- 14 Ages 15 - 17 Ages 18 - 30 Ages 31 - 40 YOUTH Koryo Taeguek 8 I hereby submit my application for registration in the 2020 ONLINE TAEKWONDO POOMSAE CHAMPIONSHIPS presented by

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