

Poomsae Level 2 Coach Course

(Registration Closing Date: 13 June 2025)

The Poomsae Level 2 Coach Course will be held on **22 June 2025**.

Course Objective:

By the end of the Poomsae Level 2 Coach Course, coaches should be able to:

Learning Outcomes:

1. **Identify and correct mistakes:** Recognize and list at least five **minor** and five **major** mistakes in Poomsae patterns from 1st to 5th Dan.
2. **Analyze Poomsae techniques:** Identify areas for improvement and provide effective corrective feedback.

Specific Learning Outcomes:

For each Poomsae pattern (1st to 5th Dan), coaches should be able to:

- **Identify minor mistakes** (at least five), such as:
 - Slight deviations in stance or movement.
 - Minor errors in timing or rhythm.
- **Identify major mistakes** (at least five), such as:
 - Significant deviations in stance or movement.
 - Errors in technique or pattern sequence.

Assessment:

Coaches will be assessed on their ability to:

1. **Identify mistakes:** Accurately recognize minor and major mistakes in Poomsae patterns.
2. **Provide corrective feedback:** Offer effective corrective guidance to athletes.

Course Details:

- **Date/Time:** 22 June 2025 (Sunday), 1:00 PM – 5:00 PM
- **Location:** STF National Training Centre, Block 80 Lorong Limau #04-191 Singapore 320080

Requirements:

- **Dress Code:** STF-approved **Dobok**
- **Pre-Requisites:**
 - Minimum **2nd Dan Black Belt**
 - Minimum **age of 18 years old**

- Participants must be able to perform **Poomsae from 1st to 5th Dan**

Attendance & Tests:

- **100% attendance is mandatory** to be eligible for tests.
- **Theory and Practical tests will be conducted at the end of the course.**
- **Failing both components (Theory and Practical) on the first attempt means failing the course.**
- **Failing one component (Theory or Practical) allows a second attempt for the failed component.**
- **If requirements are not met after the second attempt, participants must enroll in the next course.**

Certification:

Participants will be awarded a **Poomsae Coach Certificate (Level 2)** upon successfully meeting the course requirements.

Fees & Registration:

- **Registration Closing Date: 13 June 2025 (Friday)**
- **Course Fees:**
 - **SGD \$70.00 (excluding GST)** if registered **by 13 June 2025.**
 - **SGD \$120.00 (excluding GST)** if registered **after 13 June 2025, until 18 June 2025 (4:00 PM).**
 - *Course fees are subject to prevailing GST.*

Additional Notes:

- **Limited slots: Maximum 40 participants** on a **first-come, first-served basis.**
- **STF reserves the right** to cancel or postpone the course at its discretion.
- **Participants agree** to the STF's **data protection policy** when interacting with the federation.