

Koryo online Educational Program

Stage No 2

Poomsae Challenge

Send a video of yourself demonstrating a Poomsae at home to me.

Email address: russellrobertwood@outlook.com

I will select a winner from these videos taking into consideration age and belt level.

The winner will receive one of our special Koryo medal.

If approved, we will post your video along with a photo of you with your medal on my Facebook.

This offer is open to all Taekwondo Practitioners with your clubs approval.

No fee.