
Recognized and Freestyle Poomsae Referee Seminar

25. - 26. January

Seminar by Austrian International Referee Peter Nestler, new with **Freestyle Poomsae**

Dear National Poomsae Referees and Newcomers,

We invite you to our annual referee training, this time with Freestyle Poomsae as a new addition! To ensure a high quality experience, Swiss Taekwondo has invited International Referee Peter Nestler from Austria. Mr. Nestler is an experienced active referee, regularly officiating at all high-ranking G-tournaments and at the recent world poomsae championships in Hong Kong.

This seminar, organized as part of the Freestyle Poomsae revitalization project, includes training for both Recognized and Freestyle Poomsae.

Please sign up here: freestyle.swisstaekwondo@gmail.com.

When: 25 January - 26 January 2025

Who: Swiss National Poomsae Referees (Newcomers welcome!)

Eligibility requirements:

- Member of a Swiss Taekwondo club
- Minimum rank of 2nd Geup
- Knowledge until Poomsae Sipjin (13) required

Knowledge of Jitae (14) and Chonkwon (15) preferred, but not mandatory.

Where: Power Arena Taekwondo Bern
Feldstrasse 32a
Muri b. Bern

Schedule: Saturday:
Morning Session: 10:00 - 12:00
Afternoon Session: 13:30 - 19:00
Sunday:
Morning Session: 10:00 - 13:00

Cost: **Participation is free of charge.**

Sign up:

Register by 24 January 2025 at:

freestyle.swisstaekwondo@gmail.com

Please note the additional information on the next page.

Additional Information:**Recommended Hotels:**

The organizing committee suggests the following hotels, located near the Dojang. Participants are responsible for booking their own accommodations:

Sternen Muri Hotel

Harry's Home

Moxy Hotel

Ibis Bern Hotel

Dinner:

A group dinner will take place at the Sternen Muri Hotel (next to the Dojang) on Saturday evening after the seminar. All participants are warmly invited to join on their own cost.

Don't Miss This Opportunity!

Refine your Recognized Poomsae refereeing skills and explore the exciting world of Freestyle Poomsae with guidance from a world-class referee. Sign up today to secure your spot!