

HOW TO SUBMIT YOUR **POOMSAE** VIDEO

WTA International Associate Instructor

SHOW YOUR POOMSAE

SUBMIT TWO PERFORMANCE VIDEOS



Taegeuk 1 jang



Koryo

**Each poomsae
must be recorded separately.**

**No explanation required
Just show your technical standard**



세계태권도연수원
WORLD TAEKWONDO ACADEMY

HOW TO SUBMIT YOUR **POOMSAE** VIDEO

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SHOW YOUR TEACHING

SUBMIT A KORYO INTRUCTIONAL PRESENTATION



Your selected language



Demonstrate your teaching method



Up to 10 minutes

EXPLAIN HOW YOU TEACH

**Show your lead
Assistant may be used**



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HOW TO SUBMIT YOUR **POOMSAE** VIDEO

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RECORD IT RIGHT

FOLLOW THE RECORDING RULES



Camera frong center



About 3 meters distance



Full body visible



Landscape(horizontal) video

**Make sure every movement
is clear and visible.**

**Show your lead
Assistant may be used**



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VIDEO **REQUIREMENTS**

FOLLOW THE RECORDING RULES

 **720p (1280×720)**

 **MP4 format**

 **Under 300MB**

Submit separate videos
For each evaluation item

For full details
Visit the WTA official website



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