

# Team Victoria

## *Taekwondo Victoria Inc.*

### **TEAM VICTORIA POOMSAE TRAINING CAMP - JANUARY 30 / 31 2010**

**VENUE** FACTORY 2, 26 BRIDGE STREET, ELTHAM (BEHIND REPCO)  
PARK IN UNDERGROUND CAR PARK OPPOSITE (ENTER VIA BUNNINGS)

**TIMES** SESSION ONE SATURDAY 9.00 AM – 12.00 NOON  
SESSION TWO SATURDAY 1.00 PM – 4.00 PM  
SESSION THREE SUNDAY 9.00 AM – 12.00 NOON

**NOTE** This camp will serve as the introduction to the new Team Victoria Demonstration Team (session Two), as well as part of the selection process for the TVP “A” Squad.

### **PROGRAM**

**SESSION ONE** BASIC TECHNIQUE REVISION / VIDEO ANALYSIS  
COMPETITION POOMSAE REVISION

**SESSION TWO** TEAM VICTORIA DEMONSTRATION TEAM  
INTRODUCTION TO DEMONSTRATION TECHNIQUE  
(This session will be an “open” session to TVI members, but with limited numbers. Separate applications will be sent to Head Instructors)

**SESSION THREE** COMPETITION POOMSAE VIDEO ANALYSIS  
“A” SQUAD TRYOUTS – Part One  
FITNESS PROGRAM

**NOTE** If you have your own video camera, please bring it with you. Depending on numbers it may not be possible to complete a video analysis of all members, however, all members will be part of the process, in order to encourage development of this skill across the state.

### **APPLICATIONS**

Applications for the camp are available only to Team Victoria Poomsae members. The cost of this camp is \$20.00. This can be paid at the camp or by money order with the forms sent by mail.

**Applications close on Wednesday 27th January**

Application Form attached.

Hi, I'd like to share a Google Maps link with you.

Link: <<http://maps.google.com/maps/ms?ie=UTF8&hl=en&msa=0&ll=-37.720508,145.144286&sfn=0.012645,0.024869&z=16&msid=105385235368497438656.00047cb15a0fd0da477a6>>