



Poomsae Teaching Format

Put Students into teams according to the form they are learning.

Example: Yellow Green and Purple belts together. or
Yellow then Green and Purple.

Blue to Brown.

Red Str. to Black Str.

Put Deputies with the group they are working on.

They can lead the team

1st gup yellow to purple

2nd gup blue to Brown

3rd gup Red Str. to Black Str.

Black Belts or put a Black Belt to lead a team.

Get all teams running. (Use the back room if necessary). But don't forget them.

The Instructor should work first with the Yellow Belts.

-They have the least amount of knowledge and will need an explanation.

Then the Instructor can go team to team to give detailed instruction.