

EUSA Combat 2023 – Zagreb/Croatia Free style Poomsae Performance Plan

(July 21, 2023 – Day I - Poomsae Competitions)

** Please Fill out required information and free style poomsae performance plan, and submit to EUSA TD at the General Technical Meeting (GTM).*

Country	
Name of University	
Title of Free style Poomsae	
Name of Music	
Division	Individual Male <input type="checkbox"/> Female <input type="checkbox"/>
Contact Person (name and email)	

Subject:	<i>(Please briefly explain the theme of performance)</i>
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	Performance Plan
Performance 1. Heights of Jump (Side kick)	<i>(Please describe your performance plan keeping the order of the requirements 1-5 indicated in the left column)</i>
Performance 2. Number of kicks in a jump (Front kick)	
Performance 3. Gradient of spins in a spin kick (Spinning hook kick or turning kick)	
Performance 4. Performance level of consecutive kicks (Kyorugi style kick)	
Performance 5. Acrobatic actions	
Key point of your performance	