

Tigereye Elite Team

Competitive program

Tae Kwon Do is one of largest sports practiced in the world with over 50 million people involved worldwide with 164 countries. Our competition class is designed and dedicated for those athletes that are willing to dedicate themselves to the unrelenting pursuit of excellence and for the families which support them. for students looking to take their training to a higher and more practical level. Everyone is capable, however not allures to the challenge of Elite. The TIGEREYE Elite Team training provide a pathway to compete at State, National, International or Olympic level. We provide a safe, fun, highly skilled and demanding environment.

Competition Tae Kwon Do is split into two main categories. Poom-sae(Technical) and Olympic Sparring (Sport).

Olympic Style Sparring - Sport

Gyeorugi, or sparring, is an official Olympic sporting event. Sparring competition is divided by age and skill level and is open to all ages from as young as six. It is safe for kids and adults alike with modified rules for all age groups and skill levels. Test your Martial Arts and see how capable and confident you are. Sparring is a great way to apply skills you have learnt to a practical situation in a controlled, safe and supportive environment.

Poom-sae - Technical competition

Poom-sae is the main component of technical Taekwondo competition. Poom-sae consists of a variety of primary stances, blocks, punches and kicks, all logically composed to counter in response to attacks from multiple assailants from numerous directions. Balance, focus, power, coordination, rhythm and tempo are the principles behind competition Poom-sae training.

For those who don't wish to compete, Elite classes take your Martial Arts training to a new level. You may participate in an environment that teaches you about competition training without having to actually compete. Learn what it takes to train with higher intentions and goals, to push your limits and aim to achieve more. TIGEREYE delivers coaching in goal setting, a valuable skill that can be applied to all areas of life.

TIGEREYE's Master, Han Jin Do was the 2012 Men's Sparring Team Director of USA National Tae Kwon Do Team at the 12th World University Tae Kwon Do Championship in Pocheon, Korea and represented at many overseas benchmark events. He believes in ongoing learning and is committed to continually gaining knowledge and expertise from the world's most famous master in Martial Arts.

Some recent results include: