

**15 Y 16 DE AGOSTO**

F-SION EXPERIENCE Y MASTKD PRESENTAN



MASTKD



**LUCIA ICUTÉ**  
Nº4 DEL MUNDO



**ALEX SILIEZAR**  
MEJOR ENTRENADOR  
PATU 2025



**ALEJANDRA HIGUEROS**  
Nº1 DEL MUNDO

**POOMSAE**

**F-SION  
EXPERIENCE**

**MASTKD FREESTYLE**

SEMINARIO INTERNACIONAL



MASTKD





# **POOMSAE F-SION EXPERIENCE**

## **MASTKD FREESTYLE**

### **S E M I N A R I O I N T E R N A C I O N A L**

#### **Dear officials, coaches, and athletes:**

On August 15 and 16, the F-SION Experience MASTKD International Poomsae and Freestyle Seminar will take place in Argentina. This event is open to all schools, organizations, age groups, and belt levels, and is focused on the technical and competitive development of competitive Poomsae.

The event will feature renowned international coach **Alex Siliezar**, who was honored at the 2025 PATU Awards as the continent's Best Poomsae Coach. He will travel with members of Guatemala's national team, who are currently ranked among the best in the World Taekwondo rankings.

Among them are:

- **Alejandra Higueros**, No. 1 in the world Freestyle rankings and No. 3 in the world in Recognized Poomsae.
- **Lucía Icuté**, No. 4 in the world Freestyle rankings.
- **César Aguilar**, No. 7 in the world Freestyle rankings.

The delegation will arrive in Argentina after completing an international training camp lasting more than a month in South Korea alongside leading figures from the world's elite, providing an international-level training and team-building experience rarely seen in the region.

There will be two intensive days of training, practice, and analysis, focused on the technical development of athletes and coaches, covering topics related to Recognized Poomsae, Freestyle, WT rules, training methodology, competitive evaluation, and high-performance preparation.

Without a doubt, this is a unique opportunity to learn, share, and train alongside leading figures on the global Poomsae circuit.

We look forward to seeing you there.

**Organizing Committee – F-SION Experience / MASTKD**



**MASTKD**



# POOMSAE F-SION EXPERIENCE

## MASTKD FREESTYLE

### SEMINARIO INTERNACIONAL

**Sponsored by:**

GranMarc Group

President: Prof. Vicente Marconi

**Organized by:**

F-SION Experience and MASTKD

General Director: Prof. Vicente Marconi

**Coordinator:** Prof. Gabriel Taraburelli - Claudio Aranda

Contact: 116396-2551 / 116716-1418 / +549 2392 45-9564

Instagram: @fsiontkd / @mastkd\_oficial

Event Date and Location:

August 15 and 16

Don Bosco Sports Complex

Province of Buenos Aires, Argentina

**Participation Requirements**

As this is an open event, registration is open to clubs, schools, and academies.  
Open to federated and non-federated athletes. All ages and belt levels.

Important: We invite all coaches to join the WhatsApp group to receive updates.

<https://chat.whatsapp.com/Li4RMow2cPgH4gfiRfzwxw?s=cl&p=a&mlu=0>



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DESIGNS

# **POOMSAE** **F-SION** **MASTKD** **FREESTYLE** SEMINARIO INTERNACIONAL

## **Registration:**

**<https://fitofan.com/campusaug2026fsionexp>**

## **Registration Fee**

Domestic participants: \$140,000

International participants: USD. 100 Payment details:

Account Name: DORICO.DIA.SALINA

Payment details: Alias: DORICO.DIA.SALINA

Account holder: Gran Marc SRL CUIT: 30-71496023-3

Bank: Banco Macro CBU: 2850471530037464181003

(For tax withholdings for coaches, please consult the organizers)

Admission for guests: 10,000 pesos for nationals / 10 USD for foreign nationals



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## **Key Areas of Focus**

- Fundamentals of technical execution: control, power, stability, and precision.
- Training methodology for Recognized Poomsae.
- Breakdown and analysis of competition poomsaes up to the Senior -30 category.
- Freestyle Poomsae training methodology.
- Mandatory technical skills for freestyle.
- Music, choreography, and basic routine creation.
- Basic WT rules and scoring criteria.
- Training from the referee's perspective.
- Competitive testing with evaluation and self-assessment systems.
- Interaction and training with top-ranked athletes from around the world.

# POOMSAE F-SION EXPERIENCE

## MASTKD FREESTYLE

### SEMINARIO INTERNACIONAL

## Accommodations

The facility offers sports accommodations (sports hostel). For reservations, please call 116682-0396 / 112834 7841 or email [ciudaddeportiva@donbosco.org.a](mailto:ciudaddeportiva@donbosco.org.a), specifying the event in which you will be participating.

Cost: 30,000 pesos for nationals / 30 dollars for international participants per night per person

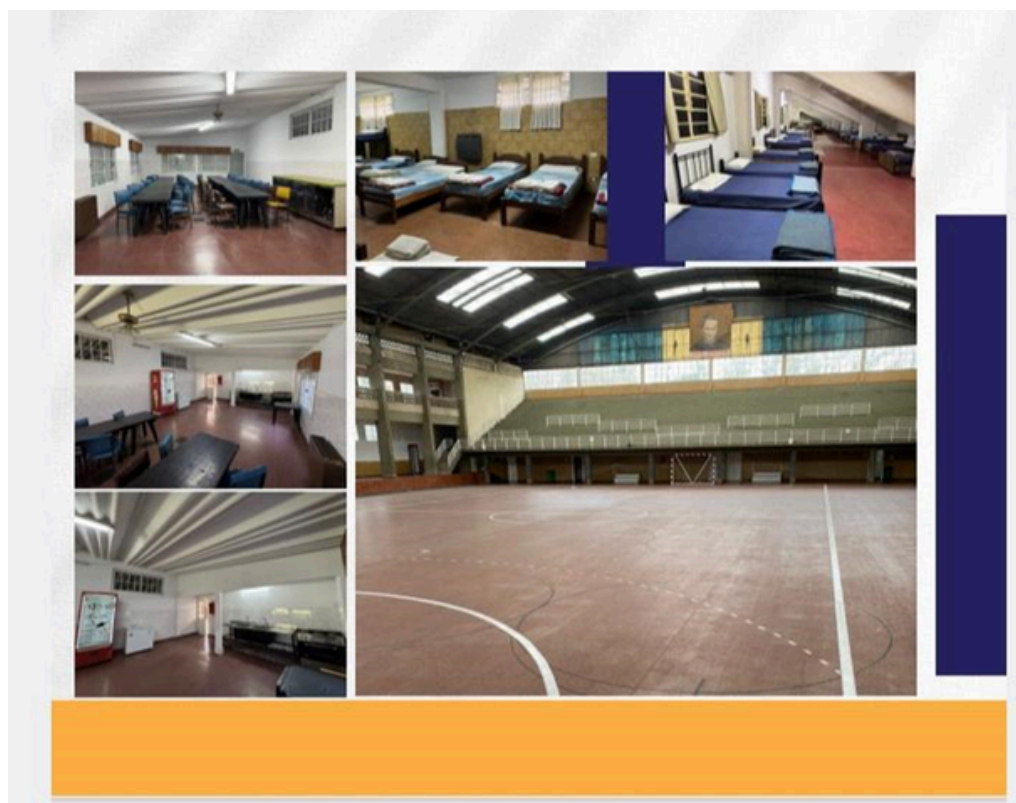
Higher-level accommodation

### Marriott Ezeiza Airport Hotel

<https://share.google/mN9mEDMVzK3LW0pv2>

### Holiday Inn Ezeiza Hotel

<https://share.google/djADmTlchtMOpa6YR>





## PERSONAL INDEMNITY FORM

I, the undersigned, certify that I will hold harmless and release F-SION, MASTKD, and the Organizing Committee of the F-sion Experience International Seminar, as well as their board members, directors, officers, members, employees, consultants, agents, and attorneys, from and against any and all damages, injuries, penalties, fines, claims, lawsuits, liabilities, costs, attorneys' fees, court costs, and expenses of every kind and nature suffered by or asserted against the Indemnified Party as a direct or indirect result of participation in the F-sion Experience International Seminar in all categories, in the broadest sense of the word. By signing and submitting the following form, I accept and agree to the terms and conditions contained in this Indemnification, Liability Waiver, Release, and Consent Not to Sue. I confirm that by signing and submitting this form, I have read and agree to all the terms and conditions provided above.

Name: \_\_\_\_\_ Date: / /2026

Signature: \_\_\_\_\_

If the person involved is a minor, the legal guardian must sign:

Name: \_\_\_\_\_ Date: / /2026

Relationship to the minor: \_\_\_\_\_ Signature: \_\_\_\_\_

# POOMSAE F-SION EXPERIENCE

## MASTKD FREESTYLE

### SEMINARIO INTERNACIONAL

#### TENTATIVE SCHEDULE - INTERNATIONAL CAMPUS

|           | TIME          | ACTIVITY                                                                            |
|-----------|---------------|-------------------------------------------------------------------------------------|
| 15/8/2026 | 9:00 - 10:00  | Accreditation                                                                       |
|           | 10:00 - 12:00 | Session 1: Technical Foundations for Recognized Poomsae & Freestyle                 |
|           | 12:00 - 13:00 | Lunch Break / Athlete Exchange                                                      |
|           | 13:00 - 15:00 | Session 2: Recognized Poomsae Training Methodology + Freestyle Technical Elements   |
|           | 15:00 - 16:00 | Break / Q&A with Top-Ranked Athletes                                                |
|           | 16:00 - 18:00 | Session 3: Poomsae Competition Lab — Execution, Scoring, Self-Evaluation & Feedback |



# POOMSAE F-SION EXPERIENCE

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### SEMINARIO INTERNACIONAL

#### TENTATIVE SCHEDULE - INTERNATIONAL CAMPUS

|           | TIME          | ACTIVITY                                                                                                                |
|-----------|---------------|-------------------------------------------------------------------------------------------------------------------------|
| 16/8/2026 | 10:00 - 12:00 | Session 4: Freestyle Methodology — Technical Skills, Music, Transitions & Practicability                                |
|           | 12:00 - 13:00 | Lunch Break / Athlete Exchange                                                                                          |
|           | 13:00 - 15:00 | Session 5: Competition Poomsae up to Senior -30 + Referee Perspective                                                   |
|           | 15:00 - 17:00 | Session 6: Final Competition Match-Up — Recognized Poomsae & Freestyle with Scoring, Self-Evaluation & Closing Feedback |