

Video Requirements






You must present a 3-5 minute training video using the latest advance techniques to increase speed for a high level Taekwondo Olympic International match.

Please use the following for your video presentation:

Recording Type: Window Movie Media Format or Quik Time format

Editing program: Windows Movie Maker or any other video editing software free software is available on line via Google search. For more information e-mail: **juanfrancisco@masterfrankstk.com.**

CD: Must have a cover jacket with name, title, and testing date.

<i>The following should be included in the video:</i>	<i>The top three videos will be selected based on:</i>
→Title selection	 <u>Creativity</u> - (visual effects, technical presentation, music, and video location)
→Name and training location →Date of exam and rank testing for	 <u>Originality</u> - (how the instructor presents original techniques to increase an athlete speed for a high level Taekwondo Olympic match)
→Your accomplishments as an athlete and years of training	 <u>Educational</u> - (Steps, conditioning, and tools guided to achieve goal)
→Closure	The selected videos will be display on our www.masterfrankstk.com website, class time, and other school presentations.

Important

This video will become property of Master Frank’s TKD Academy Inc. and staff for training purpose and media used. No video will be accepted without a signed video release form.

Be creative and professional.

Good Luck!