

Team – M Taekwondo Team Trials

Team Biography:

Team-M Taekwondo, a non-profit organization, is a professional demonstration team consisting of elite athletes from various Taekwondo schools throughout California. Team-M was found and lead by Coach Huy Nguyen, Coach Anh Nguyen, & Coach Long Nguyen since 2004. Throughout the years, Team-M has performed at 200+ events worldwide while expanding the team of dedicated members who share the same passion for promoting Taekwondo through the art of demonstration.

Team-M's headquarters is based in Northern CA and has begun the establishment of the Southern CA team since 2009. The team's growth along with its many accomplishments in promoting Taekwondo has lead Team-M to be officially named the California State Taekwondo Demonstration Team by CUTA (California Unified Taekwondo Association).

Upcoming Team Trials:

Team-M Taekwondo's Southern CA division is growing and would like to invite prospective Taekwondo athletes in the area to participate in the upcoming Team-M Taekwondo Team Trials. The team trials will go through a selection process consisting of the following 3 phases:

Phase 1: Pre-Screening Requirements

- Be a 1st Dan black belt or higher in Taekwondo.
- Be at least 17 years old as of 12/31/2011.
- Complete the Candidate Application.
- Submit videos of Koryo poomsae, 360 turning roundhouse kick, and at least one specialty kicks.
- Obtain permission and endorsement from your current Master or Coach (recommendation letter is preferred).
- Submit Taekwondo resume consisting of tournament results and other achievements.

Phase 2: Performance Evaluation

Candidates who have passed the prescreening process from Phase 1 will be extended the opportunity to attend the Performance Evaluation (Phase 2). During this evaluation session, candidates will get the opportunity to train with current team members and be able to perform assigned techniques in front of Team-M coaching staffs. Specific details on some of the exercises such as poomsae and specific kicking techniques may also be assigned to the candidates a week prior to team trials (videos will be sent out for references). The Performance Evaluation will take place on December 3rd, 2011 at Ultimate Taekwondo in Burbank, CA. from 4:00 PM – 8:00 PM.

Phase 3: Provisional Evaluation

Upon successful completion of Phase 2, candidates will be able to go through the final process the team trials (Phase 3 – Provisional Evaluation). During this final phase, candidates will be given the opportunity as a provisional member to train with the team and perform with Team-M to showcase their skills during an actual performance event (ie: tournament opening ceremony, stage performances, etc.).

Candidates who successfully complete all 3 phases of the team trials will be formally extended the invitation to officially join Team-M Taekwondo Demo Team.

NOTE: Please submit all **Phase 1** documents and videos (YouTube) to: long.nguyen@mteam.net by November 27th. Results of each phase will be available for all candidates.

Application Check List

1. ___ Candidate Application
2. ___ Submit YouTube videos (details in Phase 1)
3. ___ Taekwondo resume
4. ___ Recommendation letter from your Master or Coach

Please be sure to submit the above information to long.nguyen@mteam.net before November 27th.