



Republic of the Philippines  
**Department of Education**  
REGION VIII - EASTERN VISAYAS

February 13, 2025

**REGIONAL MEMORANDUM**

No. **147** s. 2025

**ADVISORY ON THE RMCVIII-A NATIONAL TAEKWONDO  
POOMSAE COURSE**

To: Schools Division Superintendents  
Division Sports Officers  
All Others Concerned

1. Attached is an advisory from **Delio M. Amante, Jr.**, Poomsae Chairman of PTA-RMCVIII-A, dated January 31, 2025, regarding the **RMCVIII-A National Taekwondo Poomsae Course**, which will be held from **February 14-16, 2025**, at **Robinsons North, Tacloban City**
2. . Immediate dissemination of and compliance with this Memorandum are desired.

  
**EVELYN R. FETALVERO, CESO III**  
Regional Director



Enclosures: As stated,

References: None,

To be indicated in the Perpetual Index under the following subjects:

ANNOUNCEMENT

SPORTS

ESSD-MJDR



**PHILIPPINE TAEKWONDO ASSOCIATION**  
**Regional Management Committee – Region VIIIA**



Eastern Visayas

January 31, 2025

To: **EVELYN R. FETALVERO PhD, CESO IV**  
Regional Director  
DepEd - Region VIII

Thru: **ALILEE B. LAGUMBAY, CES**  
Regional Sports Officer  
DepEd - Region VIII



Dear Ma'am,

Warm greetings from the Philippine Taekwondo Association– Regional Management Committee VIII-A (PTA-RMCVIII-A)!


We are honored to organize the **RMCVIII-A National Taekwondo Poomsae Course** to be held on February 14 – 16, 2025 at the Robinsons North Mall, Abucay, Tacloban City. This important Taekwondo Sports training intended for both DepEd and non-DepEd coaches and officiating officials will help them to be updated and prepared for all competitions and will be beneficial in organizing Taekwondo Sports in the DepEd Palaro Program.

In this regard, we humbly request from your office to allow the DepEd participants to attend the training on Official Time for day 1, Friday (February 14, 2025). This will encourage participation for our DepEd coaches and officiating officials to join the course.

Attached are the guidelines and training matrix for the course. Please feel free to contact the Organizing Committee for any questions or clarifications.

We are looking forward for a favorable response on this matter.

Yours in sports,

  
**DELIO M. AMANTE, JR.**  
Poomsae Chairman  
PTA-RMCVIII-A

Noted:

  
**FRANCIS M. DOSDOS, DPA**  
PTA-RMCVIII-A Chairman

Eastern Visayas

**RMCVIII-A NATIONAL TAEKWONDO POOMSABE COURSE**

**February 14-16, 2025**

**Robinsons North, Tacloban City**

**I. Course Requirement:**

1. At least 1<sup>st</sup> dan Black Belt Holder (Philippine Taekwondo Association)
2. At least 18 years old as of the year 2025
3. Attire: Traditional Taekwondo Uniform (Dobok)
4. Registration Fee of P3,000 (for honorarium, food, travel and accommodation expenses of the speakers)

**II. Course Matrix**

Registration Link: <https://forms.gle/R7DWZB36BE2qzDjx7>

DAY	AM	PM
Day 1 (February 14, 2025) Friday	7:00-8:00 Arrival of Participants	1:00-1:30 Warm-up, Stretching, Drills
	8:00-9:00 Opening Program	1:30-3:00 Lecture and Workshop: Taeguk 1-2 Yellow Belt Self-Defense and Kicks
	9:00-9:30 Warm-up, Stretching, Drills	3:00-5:00 Lecture and Workshop: Taeguk 3-4 Blue Belt Self-Defense and Kicks
	10:00-11:45 Lecture and Workshop: Foundation Form 1 & 2 White Belt Self Defense and Kicks	
Day 2 (February 15, 2025) Saturday	8:00-8:30 Warm-up, Stretching, Drills	1:00-1:30 Warm-up, Stretching, Drills
	8:30-10:00 Lecture and Workshop: Taeguk 5-6 Red Belt Self-Defense and Kicks	1:30-3:00 Lecture and Workshop: Koryo & Keumgang Black Belt Self-Defense and Kicks
	10:00-12:00 Lecture and Workshop: Taeguk 7-8 Brown Belt Self-Defense and Kicks	3:00-4:00 Lecture and Workshop: Taebaek
		4:00-5:30 Lecture and Workshop: Poomsae Referee, Competition and Scoring
Day 3 (February 16, 2025) Sunday	8:00-8:30 Warm-up, Stretching, Drills	1:00-1:30 Written Evaluation and Assessment
	8:30-10:00 Lecture and Workshop: Pyongwon & Shipjin	1:30-3:00 Practical Examination
	10:00-12:00 Lecture and Workshop: Jitae and Chungwon	3:00 onwards Homeward Bound

For inquiries, pls. email: [delio.amante@deped.gov.ph](mailto:delio.amante@deped.gov.ph)