

September 11, 2021 Saturday Live Streaming starts at 10:00am (EASTERN TIME ZONE)

TRADITIONAL INDIVIDUAL POOMSAE CT1-EP1 Link **COURT 1 EPISODE 1 Belt Level** Time **Division** 10:00am - 10:10am **OPENING REMARKS** Little Jins (2-5) Female - Male **Colored Belt** 10:10am - 10:20am 10:20 am - 11:00am **Dragon (6-7) Female - Male** All Belt Levels 11:00am - 12:15am Tiger (8-9) Female - Male All Belt Levels 12:15am- 1:05pm Juniors (15-17) Female - Male All Belt Levels

Live Streaming starts at 1:50pm (EASTERN TIME ZONE)

TRADITIONAL INDIVIDUAL POOMSAE		
CT1-EP2 Link COURT 1 EPISODE 2		
1:50pm-2:00pm OPENING REMARKS		IARKS
2:00pm - 2:45pm	Youth (10-11) Female - Male	All Belt Levels
2:45pm - 4:30pm	Cadet (12-14) Female - Male	All Belt Levels
4:30pm - 5:15pm	Under 30 Female - Male	All Belt Levels

Schedule provided is subject to change and are estimated time slots. Any changes will be announced in our Ong's Taekwondo Facebook account and at our livestream chat. Thank you and good luck to all the players!



SEPTEMBER 11 - 12 2021





September 11, 2021 Saturday Live Streaming starts at 10:00am (EASTERN TIME ZONE)

SPORTS INDIVIDUAL POOMSAE

CT2-EP1 Link COURT 2 - EPISODE 1		
Time	Division	Belt Level
10:00am - 10:10am	OPENING REMARKS	
10:10 - 10:30am	Dragon (6-7) Female - Male	Colored Belt
10:30am - 10:55am	Tiger (8-9) Female - Male	Colored Belt
10:55am - 11:20am	Youth (10-11) Female - Male	Blackbelt
11:20am - 11:55am	Cadet (12-14) Female- Male	All Belt Levels
11:55am - 12:20pm	Juniors (15-17) Female - Male	All Belt Levels
12:20pm - 12:40pm	Under 30 Female - Male	Blackbelt
12:40pm - 12:45pm	Under 40 Male	Blackbelt
12:45pm - 1:00pm	Under 50 / Under 60 Female -Male	Blackbelt

Live Streaming starts at 1:45pm (EASTERN TIME ZONE)

TRADITIONAL / SPORTS POOMSAE Pair, Team, Para and Open Poomsae

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CT2-EP2 Link	CT2-EP2 Link COURT 2 - EPISODE 2		
Time	Division	Belt Level	
1:45pm - 1:50pm	OPENING REMARKS		
1:50pm - 1:55pm	Sports Poomsae- Pair	Blackbelt	
1:55pm -2:00pm	Para Poomsae	White belt	
2:00pm - 2:40pm	Traditional Poomsae Pair Event Novice, Advanced, Blackbelts		
2:40pm - 2:55pm	Traditional Poomsae Team Event Novice, Advanced, Blackbelts		
2:55pm - 4:20pm	Open Poomsae Female - Male (ALL AGES - All Belt Level)		
TRADITIONAL INDIVIDUAL POOMSAE			
4:20pm - 4:40pm	Under 40 Female - Male	All Belt Levels	
4:40pm - 5:00pm	Under 50 Female - Male	All Belt Levels	
5:00pm - 5:05pm	Under 60 Female - Male	Blackbelt	

Under 65 and Over 65 F - M

5:05 - 5:15pm

All Belt Levels



September 12, 2021 Sunday Live Streaming starts at 10:00am (EASTERN TIME ZONE)

SPEEDKICKING

CT3-EP1 Link	CT3-EP1 Link COURT 3 EPISODE 1		
Time	Division	Belt Level	
10:00am - 10:10am	OPENING REMARKS		
10:10am - 10:20am	Little Jins (3-5) Female - Male	All Belt Levels	
10:20 am - 11:15am	Dragon (6-7) Female - Male	All Belt Levels	
11:15am - 12:15pm	Tiger (8-9) Female - Male	All Belt Levels	

Live Streaming starts at 1:00pm (EASTERN TIME ZONE)

SPEEDKICKING

CT3-EP2 Link	CT3-EP2 Link COURT 3 EPISODE 2		
1:00pm -1:10p	OPENING REMARKS		
1:10pm -2:30pm	Youth (10-11) Female - Male	All Belt Levels	
2:30pm - 3:45pm	Cadet (12-14) Female - Male	All Belt Levels	
3:45pm - 4:25pm	Juniors (15-17) Female - Male	All Belt Levels	
4:25pm - 4:55pm	Under 30 Female- Male	All Belt Levels	
4:55pm - 5:00pm	Under 40 Female - Male	All Belt Levels	
5:00pm - 5:10pm	Under 50 Male	All Belt Levels	

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September 12, 2021 Sunday Live Streaming starts at 10:00am (EASTERN TIME ZONE)

VIRTUAL SPARRING

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	CT4-EP1 Link	CT4-EP1 Link COURT 4 - EPISODE 1		
	Time	Division	Belt Level	
	10:00am - 10:10am	OPENING REM	MARKS	
	10:10 - 10:15am	Little Jins (3-5) Male	Colored Belt	
	10:15am - 10:35am	Dragon (6-7) Female - Male	Colored Belt	
	10:35am - 11:05am	Tiger (8-9) Female - Male	Colored Belt	
	11:05am - 11:30am	Youth (10-11) Female - Male	All Belt Levels	
	11:30am - 12:05pm	Cadet (12-14) Female - Male	All Belt Levels	
	12:05pm - 12:30pm	Juniors (15-17) Female - Male	All Belt Levels	
	12:30pm - 12:40pm	Under 30 Female - Male	Blackbelt	
	12:40pm - 12:50pm	Under 40 Female - male	Blackbelt	

Live Streaming starts at 1:35pm (EASTERN TIME ZONE)

BOARD BREAKING AND WEAPONS

CT4-EP2 Link	CT4-EP2 Link COURT 4 - EPISODE 2		
Time	Division	Belt Level	
1:35pm - 1:45pm	OPENING REMARKS		
1:45pm - 1:55pm	Little Jins (2-5) Female- male	Colored Belt	
1:55pm - 2:20pm	Dragon (6-7) Female - Male	Colored Belt	
2:20pm - 2:40pm	Tiger (8-9) Female - Male	Colored Belt	
2:40pm - 3:00pm	Youth (10-11) Female - Male	All Belt Levels	
3:00pm - 3:25pm	Cadet (12-14) Female - Male	All Belt Levels	
3:25pm - 3:40pm	Juniors (15-17) Female - Male	All Belt Levels	
3:40pm - 3:50pm	Under 30 Female - Male	All Belt Levels	
3:50pm - 4:00pm	Under 40 Female - Male	All Belt Levels	
4:00pm - 4:30pm	All age Weapons	All Belt Levels	