



June 19, 2021, Saturday
 Live streaming starts at 10:00am (EASTERN TIME ZONE)

 [CT1-EP1 Link](#)

COURT 1 EPISODE 1

TRADITIONAL INDIVIDUAL POOMSAE

Time	Division/Gender	Poomsae Class
10:00am - 10:10am	OPENING REMARKS	
10:10am - 10:20am	Little Jins (3-5) Female - Male	Traditional Poomsae (White to Black belt)
10:20 am - 10:45am	Dragon (6-7) Female - Male	Traditional Poomsae (White to Black belt)
10:45am - 11:45am	Tiger (8-9) Female - Male	Traditional Poomsae (White to Black belt)
11:45am - 12:45pm	Junior (15-17) Female - Male	Traditional Poomsae (White to Black belt)

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!



June 19, 2021, Saturday
 Live streaming starts at 1:30pm (EASTERN TIME ZONE)



COURT 1- EPISODE 2

TRADITIONAL INDIVIDUAL POOMSAE

Time	Division/Gender	Poomsae Class
1:30pm - 1:40pm	OPENING REMARKS	
1:40pm - 3:25pm	Cadet (12-14) Female - Male	Traditional Poomsae (White to Black belt)
3:25pm - 4:00pm	Under 30 Female - Male	Traditional Poomsae (White to Black belt)
4:00pm - 4:10pm	Under 40 Female - Male	Traditional Poomsae (White to Black belt)
4:10pm - 4:30pm	Under 50 Female - Male	Traditional Poomsae (White to Black belt)
4:30pm - 4:40pm	Under 60 Female - Male	Traditional Poomsae (White to Black belt)
4:40pm - 5:20 pm	Combined Divisions Female - Male Traditional Poomsae	

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!



June 19, 2021, Saturday
 Live streaming starts at 10:00am (EASTERN TIME ZONE)

COURT 2 - EPISODE 1

 [CT2-EP1 Link](#)

TRADITIONAL / SPORTS INDIVIDUAL POOMSAE

Time	Division/Gender	Poomsae Class
10:00am - 10:10am	OPENING REMARKS	
10:10am - 11:55am	Youth (10-11) Female - Male	Traditional Poomsae (White to Black belt)
11:55am - 12:10pm	Tiger (8-9) Female - Male	Sports Poomsae (Colored belt)
12:10pm - 12:15pm	Youth (10-11) Female - Male	Sports Poomsae (Red to Black belt)

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!



June 19, 2021, Saturday
Live streaming starts at 1:30pm (EASTERN TIME ZONE)
 [CT2-EP2 Link](#)
COURT 2 - EPISODE 2

TRADITIONAL / SPORTS POOMSAE		
Time	Division	Poomsae Class
1:30pm - 1:40pm	OPENING REMARKS	
1:40pm - 1:50pm	Para and Open Poomsae Female - Male (ALL AGES)	
1:50pm - 2:10pm	Cadet (12-14) Female - Male	Sports Poomsae (Black belt)
2:10pm - 2:30pm	Junior (15-17) Female - Male	Sports Poomsae (Black belt)
2:30pm - 2:40pm	Under 30 Female - Male	Sports Poomsae (Black belt)
2:40pm - 2:45pm	Under 40 Female - Male	Sports Poomsae (Black belt)
2:45pm - 3:00pm	Under 50 Female - Male	Sports Poomsae (Red to Black belt)
3:00pm - 3:10pm	Under 60 Female- Male	Sports Poomsae (Black belt)
4:00pm - 4:25pm	Sports Poomsae Pair	(Black belt)
4:25pm - 4:50pm:	Traditional Poomsae Pair Event Novice, Advanced, Blackbelts	
4:50pm - 5:00pm	Traditional Poomsae Team Event Novice, Advanced, Blackbelts	

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!