

# 2021 WEST COAST Taekwondo

ONLINE - INTERNATIONAL CHAMPIONSHIPS **MAY 22-23**

- TRADITIONAL
- SPORT
- PAIR
- TEAM
- OPEN
- PARA
- WEAPONS
- BOARD BREAKING
- SPEED KICKING
- VIRTUAL SPARRING

whatsapp contact



REGISTER ONLINE  
INTLWTAO.COM

STREAMING CHANNEL  
ONLINE CHANNELS



May 22, 2021 Saturday Live Streaming starts at 10:00am ( EASTERN TIME ZONE )		
COURT 1 EPISODE 1		
TRADITIONAL INDIVIDUAL POOMSAE		
Time	Division	All Belt Levels
10:00am - 10:10am	OPENING REMARKS	
10:10am - 10:15am	Little Jins (3-5) Female - Male	Traditional Poomsae
10:15 am - 10:40am	Dragon (6-7) Female - Male	Traditional Poomsae
10:40am - 11:45am	Tiger (8-9) Female - Male	Traditional Poomsae
11:45am - 12:30pm	Junior (15-17) Female - Male	Traditional Poomsae
12:30pm -12:40pm	Weapons	All Belt Levels

May 22, 2021 Saturday Live Streaming starts at 1:30pm ( EASTERN TIME ZONE )		
COURT 1- EPISODE 2		
TRADITIONAL INDIVIDUAL POOMSAE		
Time	Division	All Belt Levels
1:30pm - 1:40pm	OPENING REMARKS	
1:40pm - 2:55pm	Cadet (12-14) Female - Male	Traditional Poomsae
2:55pm - 3:15pm	Under 30 Female - Male	Traditional Poomsae
3:15pm - 3:20pm	Under 40 Female - Male	Traditional Poomsae
3:20pm - 3:45pm	Under 50 Female - Male	Traditional Poomsae
3:45pm - 4:00pm	Under 60 Female - Male	Traditional Poomsae
4:00pm -5:30pm	Speed Kicking	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!

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REGISTER ONLINE STREAMING CHANNEL

**May 22, 2021 Saturday**  
**Live Streaming starts at 10:00am ( EASTERN TIME ZONE )**

 [CT2-EP1 Link](#) **COURT 2 - EPISODE 1**

**TRADITIONAL / SPORTS INDIVIDUAL POOMSAE**

Time	Division	All Belt Levels
10:00am - 10:10am	OPENING REMARKS	
10:10am - 11:30am	Youth (10-11) Female - Male	Traditional Poomsae
11:30am - 11:40am	Tiger (8-9) Female - Male	Sports Poomsae
11:40am - 11:45am	Youth (10-11) Female - Male	Sports Poomsae
11:45am - 11:55am	Breakings	All Belt Levels

**May 22, 2021 Saturday**  
**Live Streaming starts at 12:45pm ( EASTERN TIME ZONE )**

 [CT2-EP2 Link](#) **COURT 2 - EPISODE 2**

**TRADITIONAL / SPORTS POOMSAE**

Time	Division	All Belt Levels
12:45pm - 12:55pm	OPENING REMARKS	
12:55pm - 1:25pm	Cadet (12-14) Female - Male	Sports Poomsae
1:25pm - 1:45pm	Junior (15-17) Female - Male	Sports Poomsae
1:45pm - 2:00pm	Under 50 Female - Male	Sports Poomsae
2:00pm - 2:08pm	Under 60 Female - Male	Sports Poomsae
2:08pm - 2:35pm	Traditional Poomsae Pair Event <b>Novice, Advanced, Blackbelts</b>	
2:35pm - 2:45pm	Traditional Poomsae Team Event <b>Novice, Advanced, Blackbelts</b>	
2:45pm - 2:55pm	Para Poomsae	Colored belt
2:55pm - 3:20pm	Open Poomsae Female - Male ( ALL AGES )	
3:20pm - 5:00pm	Virtual Sparring	All Ages and belt

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