왕 태 권 도 한  D<				
TRADITIONAL INDIVIDUAL POOMSAE				
CT1-EP1 Link	CT1-EP1 Link COURT 1 EPISODE 1			
Time	Division	Belt Level		
9:00am - 9:10am	OPENING REMARKS			
9:10am - 9:25am	Dragon (6-7) Female - Male	Colored Belt		
9:25 am - 10:25am	Tiger (8-9) Female - Male	All Belt Levels		
10:25am - 11:25am	Youth (10-11) Female - Male	All Belt Levels		
11:25am- 12:10pm	Junior(15-17 Female - Male	All Belt Levels		
Live Streaming starts at 1:00pm (EASTERN TIME ZONE)				
TRADITIONAL AND SPORTS INDIVIDUAL POOMSAE, VIRTUAL SPARRING				
CT1-EP2 Link	COURT 1 EPISODE 2			
1:00pm-1:10pm	OPENING REMARKS			

1:00pm-1:10pm	OPENING REMARKS	
1:10pm - 2:30pm	Cadet (12-14) Female - Male	All Belt Levels
2:30pm - 3:00pm	Under 30 Female - Male	All Belt Levels
3:00pm - 3:15pm	Under 40 Male	Blackbelt
3:15pm- 3:30pm	Under 50 and Under 65 Female - Male	All Belt Levels
3:30pm - 4:15pm	SPORTS POOMSAE ALL DIVISIONS	All Belt Levels
4:15pm- 5:00 pm	VIRTUAL SPARRING ALL DIVISIONS	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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January 29, 2022 Saturday Live Streaming starts at 9:00am(EASTERN TIME ZONE) SPEED KICKING					
					CT2-EP1 Link
Time	Division	Belt Level			
9:00am - 9:10am	OPENING REMARKS				
9:10 - 9:35 am	Little Jins AND Dragon	All Belt Levels			
9:35am - 10:45am	Tiger (8-9) Female	All Belt Levels			
10:45am - 11:30am	Youth (10-11) Male	All Belt Levels			
11:30am - 12:15pm	Cadet (12-14) Male	All Belt Levels			
Live Strear	Live Streaming starts at 1:00pm (EASTERN TIME ZONE)				
SPEED KICKING					
CT2-EP2 Link	CT2-EP2 Link COURT 2 - EPISODE 2				
Time	Division	Belt Level			
1:00pm - 1:10pm	OPENING REMARKS				
1:10pm - 1:45pm	Junior (15-17) Female - Male	All Belt Levels			
1:45pm -2:00pm	Under 30 Female - Male	All Belt Levels			
2:00pm- 2:10pm	Under 40 and Under 50 Female - Male	All Belt Levels			
OPEN INDIVIDUAL POOMSAE, TRADITIONAL PAIR/TEAM, WEAPONS, BREAKING					
2:10pm - 3:00pm	OPEN POOMSAE ALL DIVISIONS	All Belt Levels			
3:00pm - 3:30pm	TRADITIONAL PAIR ALL DIVISIONS	All Belt Levels			
3:30pm - 3:45pm	TRADITIONAL TEAM ALL DIVISIONS	All Belt Levels			
3:45pm - 4:10pm	WEAPONS ALL DIVISIONS	All Belt Levels			
4:10pm - 4:30pm	BREAKING ALL DIVISIONS	All Belt Levels			

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