

## June 12, 2022 Saturday Live Streaming starts at 9:00am (EASTERN TIME ZONE)

	TRADITIONAL INDIVIDUAL POOMSAE	
CT1-EP1 Link	COURT 1 EPISODE 1	
Time	Division	Belt Level
9:00am - 9:10am	OPENING REMARKS	
9:10am - 9:20am	Little Jins (3-5) Female	Colored Belt
9:20 am - 9:45am	Dragon (6-7) Female - Male	Colored Belt
9:45am - 10:30am	Tiger (8-9) Female - Male	All Belt Levels
10:30am- 11:15pm	Youth (10-11) Female - Male	All Belt Levels
11:15pm- 12:15nn	Cadet (12-14) Female - Male	All Belt Levels
CT1-EP2 Link Live Strea	COURT 1 EPISODE 2 ming starts at 1:00pm (EASTERN TIM	E ZONE)
1:00pm-1:05pm	OPENING REMARKS	
1:05pm - 1:40pm	Juniors (15-17) Female - Male	All Belt Levels
1:40pm - 1:45pm	Under 30 Female	Colored Belt
1:45pm - 2:00 pm	Under 40 /Under 50 Female - Male	All Belt Levels
2:00pm - 2:10pm	Under 60 / Under 65 Female- Male	All Belt level
	SPORTS INDIVIDUAL POOMSAE	
2:10pm - 2:45pm	Dragon, Tiger, Youth, Cadet Female- Male	All Belt level
2:45pm - 3:30pm	Juniors,Under 30, Under 50 Female and Male	All Belt level
3:30pm - 3:35 pm	Sports Poomsae- Pair Juniors (15-17) Female- Male	Blackbelt
3:35pm- 4:00pm	Traditional Poomsae Pair and Team Event Novice, Advance Blackbelts- all Belt Level	

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 12, 2022 Saturday Live Streaming starts at 9:00am (EASTERN TIME ZONE)

Speedkicking				
CT2-EP1 Link COURT 2 EPISODE 1				
Time	Division	Belt Level		
9:00am - 9:10am	OPENING REMARKS			
9:10am - 9:15am	Little Jins (3-5) Female	Colored Belt		
9:15 am -9:35am	Dragon (6-7) Female - Male	Colored Belt		
9:35am - 10:10am	Tiger (8-9) Female - Male	All Belt Levels		
10:10am -10:50am	Youth (10-11) Female - Male	All Belt Levels		
10:50am- 11:20am	Cadet (12-14) Female - Male	All Belt Levels		
11:20am- 11:30am	Juniors (15-17) Female - Male	All Belt Levels		
11:30am- 12:00nn	Under 30/ Under 40/ Under 50 Female - Male	All Belt Levels		
COURT 2 EPISODE 2 <u>CT2-EP2 Link</u> Live Streaming starts at 12:50pm (EASTERN TIME ZONE)				
Virtual Sparring				
12:55am -1:00pm	Dragon (6-7) Female - Male	Colored Belt		
1:00pm - 1:10pm	Tiger (8-9) Female - Male	All Belt Levels		
1:10pm - 1:30pm	Youth (10-11) Female - Male	All Belt Levels		
1:30pm - 140 pm	Cadet (12-14) Female - Male	All Belt Levels		
1:40pm - 1:50pm	Juniors (15-17) Female - Male	All Belt Levels		
Weapons				
1:50pm - 2:10pm	Dragon, Youth, Cadet- Female- male	All Belt Levels		
Board Breaking				
2:10pm - 2:30pm	Dragon, Tiger, Youth, Cadet Female- Male	All Belt Levels		
2:30pm - 3:20pm	Open Poomsae Female - Male ( ALL	AGES - All Belt Level )		

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