

5th Cheung Do Kwan Poomsae Competition 2023

**ENTRY FORM “PLEASE PRINT IN A4 SIZE” &
BRING TO COMPETITION**

SITI FATIMAH	
HKNTA	
D-BLK12	
DIVISION Senior III	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

WWW.HONGKONGTAEKWONDO.COM

COURT A (YELLOW, RED)

COURT B (YELLOW-GREEN, BLUE & RED-BLACK)

COURT C (GREEN, GREEN-BLUE)

COURT D (BLUE-RED, BLACK)

Address: Southorn Stadium, 111 Johnston Road, Wan Chai

In case of lost entry form, click link below and print

www.hongkongtaekwondo.com/5thcomplist

5th Cheung Do Kwan Poomsae Competition 2023

**ENTRY FORM “PLEASE PRINT IN A4 SIZE” &
BRING TO COMPETITION**

ISMAIL Nafeesa	
HKU	
D-BLK10	
DIVISION Senior II	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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COURT A (YELLOW, RED)

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**ENTRY FORM “PLEASE PRINT IN A4 SIZE” &
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Tam Yuen Tung	
HKU	
D-BLK10	
DIVISION Senior II	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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**ENTRY FORM “PLEASE PRINT IN A4 SIZE” &
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Leung Ka Po	
HKU	
D-BLK10	
DIVISION Senior II	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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**ENTRY FORM “PLEASE PRINT IN A4 SIZE” &
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Cheng Hung On	
HKU	
D-BLK11	
DIVISION Senior III	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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Poon Yuk Ting Peggy	
HKU	
D-BLK12	
DIVISION Senior III	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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**ENTRY FORM “PLEASE PRINT IN A4 SIZE” &
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Matthew Chan Chung Kwan	
HKUTD	
D-BLK4	
DIVISION Cadet	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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**ENTRY FORM “PLEASE PRINT IN A4 SIZE” &
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Chiu Ngai Hei	
HKUTD	
D-BLK4	
DIVISION Cadet	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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**ENTRY FORM “PLEASE PRINT IN A4 SIZE” &
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Cheng Yat Hei	
HKUTD	
D-BLK8	
DIVISION Senior I	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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**ENTRY FORM “PLEASE PRINT IN A4 SIZE” &
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Ng Cheuk Lam	
HKUTD	
D-BLK9	
DIVISION Senior I	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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Ng Ying Po	
HKUTD	
D-BLK9	
DIVISION Senior I	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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Kwong Ka Cheong	
HKUTD	
D-BLK11	
DIVISION Senior III	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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**ENTRY FORM “PLEASE PRINT IN A4 SIZE” &
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Tsz Ching FOK	
KIMS	
D-BLK1	
DIVISION Kids III	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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Kara Cin Tung KWOK	
KIMS	
D-BLK1	
DIVISION Kids III	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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Derick Hok Man NG	
KIMS	
D-BLK2	
DIVISION Kids II	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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Roy Jun Hyuk KIM	
KIMS	
D-BLK2	
DIVISION Kids II	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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**ENTRY FORM “PLEASE PRINT IN A4 SIZE” &
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Isaac Chun Hey FUNG	
KIMS	
D-BLK3	
DIVISION Kids III	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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**ENTRY FORM “PLEASE PRINT IN A4 SIZE” &
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Carson Ho Long POON	
KIMS	
D-BLK3	
DIVISION Kids III	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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**ENTRY FORM “PLEASE PRINT IN A4 SIZE” &
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Carlus Chun CHENG	
KIMS	
D-BLK3	
DIVISION Kids III	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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Ingrid Long Hey FUNG	
KIMS	
D-BLK5	
DIVISION Cadet	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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COURT A (YELLOW, RED)

COURT B (YELLOW-GREEN, BLUE & RED-BLACK)

COURT C (GREEN, GREEN-BLUE)

COURT D (BLUE-RED, BLACK)

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LIU SUM YU	
POT	
D-BLK1	
DIVISION Kids III	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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FOK CHUN WAI	
POT	
D-BLK4	
DIVISION Cadet	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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WU PAK YEUNG	
POT	
D-BLK8	
DIVISION Senior I	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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**ENTRY FORM “PLEASE PRINT IN A4 SIZE” &
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Yim Man Shun	
PRAC	
D-BLK4	
DIVISION Cadet	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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Ng Ka Ying	
PRAC	
D-BLK7	
DIVISION Senior I	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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COURT A (YELLOW, RED)

COURT B (YELLOW-GREEN, BLUE & RED-BLACK)

COURT C (GREEN, GREEN-BLUE)

COURT D (BLUE-RED, BLACK)

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**ENTRY FORM “PLEASE PRINT IN A4 SIZE” &
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Curtis Tai	
PRAC	
D-BLK8	
DIVISION Senior I	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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**ENTRY FORM “PLEASE PRINT IN A4 SIZE” &
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Kay Ron.W	
PRAC	
D-BLK9	
DIVISION Senior I	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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Wu Hoi Man	
PRAC	
D-BLK10	
DIVISION Senior II	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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Sofia Talite	
UPTO	
D-BLK12	
DIVISION Senior III	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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Yamsuan Sabrina Loraine Cruz	
WAR	
D-BLK11	
DIVISION Senior III	BELT BLACK
POOMSAE 8 & Koryo	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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DIVISION	BELT
POOMSAE	

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Competition Time | 1:30pm – 5:00pm

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DIVISION	BELT
POOMSAE	

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Competition Time | 1:30pm – 5:00pm

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DIVISION	BELT
POOMSAE	

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DIVISION	BELT
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Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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COURT B (YELLOW-GREEN, BLUE & RED-BLACK)

COURT C (GREEN, GREEN-BLUE)

COURT D (BLUE-RED, BLACK)

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Competition Time | 1:30pm – 5:00pm

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COURT B (YELLOW-GREEN, BLUE & RED-BLACK)

COURT C (GREEN, GREEN-BLUE)

COURT D (BLUE-RED, BLACK)

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Competition Time | 1:30pm – 5:00pm

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POOMSAE	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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5th Cheung Do Kwan Poomsae Competition 2023

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DIVISION	BELT
POOMSAE	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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COURT B (YELLOW-GREEN, BLUE & RED-BLACK)

COURT C (GREEN, GREEN-BLUE)

COURT D (BLUE-RED, BLACK)

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Competition Time | 1:30pm – 5:00pm

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COURT A (YELLOW, RED)

COURT B (YELLOW-GREEN, BLUE & RED-BLACK)

COURT C (GREEN, GREEN-BLUE)

COURT D (BLUE-RED, BLACK)

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Competition Time | 1:30pm – 5:00pm

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POOMSAE	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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DIVISION	BELT
POOMSAE	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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COURT B (YELLOW-GREEN, BLUE & RED-BLACK)

COURT C (GREEN, GREEN-BLUE)

COURT D (BLUE-RED, BLACK)

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Competition Time | 1:30pm – 5:00pm

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COURT A (YELLOW, RED)

COURT B (YELLOW-GREEN, BLUE & RED-BLACK)

COURT C (GREEN, GREEN-BLUE)

COURT D (BLUE-RED, BLACK)

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Competition Time | 1:30pm – 5:00pm

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DIVISION	BELT
POOMSAE	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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POOMSAE 5	

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5th Cheung Do Kwan Poomsae Competition 2023

**ENTRY FORM “PLEASE PRINT IN A4 SIZE” &
BRING TO COMPETITION**

DIVISION	BELT
POOMSAE	

Taekwondo Demonstration | 1:00pm – 1:30pm

Competition Time | 1:30pm – 5:00pm

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COURT B (YELLOW-GREEN, BLUE & RED-BLACK)

COURT C (GREEN, GREEN-BLUE)

COURT D (BLUE-RED, BLACK)

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