

**5<sup>th</sup> Cheung Do Kwan Poomsae Competition 2023**

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

<b>Sophia S. W. Lee</b>	
<b>IST</b>	
<b>A-Y9</b>	
<b>DIVISION</b> Kids III	<b>BELT</b> YELLOW
<b>POOMSAE 1</b>	

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

**Competition Time | 1:30pm – 5:00pm**

**[WWW.HONGKONGTAEKWONDO.COM](http://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*

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**[www.hongkongtaekwondo.com/5thcomplist](http://www.hongkongtaekwondo.com/5thcomplist)**

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<b>So Ho Ting Thomas</b>	
<b>IST</b>	
<b>A-Y12</b>	
<b>DIVISION</b> Cadet	<b>BELT</b> YELLOW
<b>POOMSAE 1</b>	

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

**Competition Time | 1:30pm – 5:00pm**

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<b>LESTARI AYU MARIA</b>	
<b>IST</b>	
<b>A-Y13</b>	
<b>DIVISION</b> <b>Senior II</b>	<b>BELT</b> <b>YELLOW</b>
<b>POOMSAE 1</b>	

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<b>Lee Sze Yin</b>	
<b>IST</b>	
<b>A-Y14</b>	
<b>DIVISION</b> Senior III	<b>BELT</b> YELLOW
<b>POOMSAE 1</b>	

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

**Competition Time | 1:30pm – 5:00pm**

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<b>Jameson Villapa</b>	
<b>IST</b>	
<b>C-G11</b>	
<b>DIVISION</b> Kids III	<b>BELT</b> GREEN
<b>POOMSAE 3</b>	

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

**Competition Time | 1:30pm – 5:00pm**

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<b>Ruby</b>	
<b>IST</b>	
<b>C-G14</b>	
<b>DIVISION</b> Cadet	<b>BELT</b> GREEN
<b>POOMSAE 3</b>	

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<b>Yau Yau Lok</b>	
<b>IST</b>	
<b>B-RB3</b>	
<b>DIVISION</b> Kids III	<b>BELT</b> RED-BLACK
<b>POOMSAE 8</b>	

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