

5th Cheung Do Kwan Poomsae Competition 2023

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

CHENG WING TUNG KAITLYN	
PRAC	
C-G8	
DIVISION Kids III	BELT GREEN
POOMSAE 3	

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

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**ENTRY FORM “PLEASE PRINT IN A4 SIZE” &
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Choy Wing Ching	
PRAC	
C-G15	
DIVISION Senior I	BELT GREEN
POOMSAE 3	

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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KO Cheuk Yiu	
PRAC	
C-GB5	
DIVISION Kids III	BELT GREEN-BLUE
POOMSAE 4	

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

Competition Time | 1:30pm – 5:00pm

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Lam Tsz Yau	
PRAC	
C-GB5	
DIVISION Kids III	BELT GREEN-BLUE
POOMSAE 4	

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 Chun Hei	
PRAC	
C-GB6	
DIVISION Kids III	BELT GREEN-BLUE
POOMSAE 4	

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

Competition Time | 1:30pm – 5:00pm

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Cheuk Tsz Ying	
PRAC	
C-GB8	
DIVISION Cadet	BELT GREEN-BLUE
POOMSAE 4	

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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So Tze Long	
PRAC	
B-B5	
DIVISION Kids II	BELT BLUE
POOMSAE 5	

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

Competition Time | 1:30pm – 5:00pm

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Wong Sum Wing	
PRAC	
B-B6	
DIVISION Kids III	BELT BLUE
POOMSAE 5	

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 Roy W.	
PRAC	
B-B10	
DIVISION Cadet	BELT BLUE
POOMSAE 5	

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

Competition Time | 1:30pm – 5:00pm

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Lee Shing Chun	
PRAC	
B-B10	
DIVISION Cadet	BELT BLUE
POOMSAE 5	

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

Competition Time | 1:30pm – 5:00pm

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Wong Churk Zhun	
PRAC	
D-BR3	
DIVISION Kids II	BELT BLUE-RED
POOMSAE 6	

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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Lau Shing Hei	
PRAC	
D-BR9	
DIVISION Kids III	BELT BLUE-RED
POOMSAE 6	

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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Lau Chung Hei	
PRAC	
D-BR11	
DIVISION Kids III	BELT BLUE-RED
POOMSAE 6	

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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Zoie Chow	
PRAC	
A-R9	
DIVISION Senior I	BELT RED
POOMSAE 7	

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

Competition Time | 1:30pm – 5:00pm

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Wong Shun Hei	
PRAC	
B-RB4	
DIVISION Kids III	BELT RED-BLACK
POOMSAE 8	

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

Competition Time | 1:30pm – 5:00pm

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Lam Yin Tung	
PRAC	
B-RB6	
DIVISION Senior I	BELT RED-BLACK
POOMSAE 8	

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

Competition Time | 1:30pm – 5:00pm

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Yim Man Shun	
PRAC	
D-BLK4	
DIVISION Cadet	BELT BLACK
POOMSAE 0	

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 0	

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

Competition Time | 1:30pm – 5:00pm

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Curtis Tai	
PRAC	
D-BLK8	
DIVISION Senior I	BELT BLACK
POOMSAE 0	

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Competition Time | 1:30pm – 5:00pm

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Kay Ron.W	
PRAC	
D-BLK9	
DIVISION Senior I	BELT BLACK
POOMSAE 0	

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 0	

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

Competition Time | 1:30pm – 5:00pm

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