

5th Cheung Do Kwan Poomsae Competition 2023

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

Revaan Thapa	
RAJU	
A-Y6	
DIVISION Kids II	BELT YELLOW
POOMSAE 1	

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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Siuna Thapa	
RAJU	
A-Y7	
DIVISION Kids II	BELT YELLOW
POOMSAE 1	

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

Competition Time | 1:30pm – 5:00pm

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Rhythm Gurung	
RAJU	
A-Y8	
DIVISION Kids II	BELT YELLOW
POOMSAE 1	

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

Competition Time | 1:30pm – 5:00pm

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Brinda Rai	
RAJU	
A-Y9	
DIVISION Kids III	BELT YELLOW
POOMSAE 1	

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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Manish Gurung	
RAJU	
A-Y11	
DIVISION Kids III	BELT YELLOW
POOMSAE 1	

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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Alaina Pun	
RAJU	
A-Y16	
DIVISION Kids II	BELT YELLOW
POOMSAE 1	

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

Competition Time | 1:30pm – 5:00pm

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Prasun Sarki	
RAJU	
B-YG8	
DIVISION Kids II	BELT YELLOW-GREEN
POOMSAE 2	

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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Shristi Gurung	
RAJU	
B-YG11	
DIVISION Kids III	BELT YELLOW-GREEN
POOMSAE 2	

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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Sulin Rai	
RAJU	
C-G2	
DIVISION Kids II	BELT GREEN
POOMSAE 3	

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

Competition Time | 1:30pm – 5:00pm

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Prinsha Gurung	
RAJU	
C-G8	
DIVISION Kids III	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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Evan Gurung	
RAJU	
C-G11	
DIVISION Kids III	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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Keiwanthh Gurung	
RAJU	
C-G12	
DIVISION Kids III	BELT GREEN
POOMSAE 3	

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

Competition Time | 1:30pm – 5:00pm

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Tumbahangphe Limbu Mikshang	
RAJU	
C-G13	
DIVISION Kids III	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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Sharon Gurung	
RAJU	
C-G14	
DIVISION Cadet	BELT GREEN
POOMSAE 3	

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

Competition Time | 1:30pm – 5:00pm

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Aastha Rai	
RAJU	
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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Ustab Shrestha	
RAJU	
C-G16	
DIVISION Senior I	BELT GREEN
POOMSAE 3	

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

Competition Time | 1:30pm – 5:00pm

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Laalan Rai	
RAJU	
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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Sohan Gurung	
RAJU	
C-GB7	
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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Melvin Pun	
RAJU	
B-B8	
DIVISION Kids III	BELT BLUE
POOMSAE 5	

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

Competition Time | 1:30pm – 5:00pm

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Ashish Gurung	
RAJU	
B-B10	
DIVISION Cadet	BELT BLUE
POOMSAE 5	

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

Competition Time | 1:30pm – 5:00pm

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Priya Pun	
RAJU	
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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