

7th Cheung Do Kwan Poomsae Competition 2025

PLEASE PRINT THIS ENTRY FORM & BRING TO COMPETITION

YAU KIN POK	
Belt & Poomsae GREEN-BLUE (4)	
Division Kids I (4-5)	School CDK-STT
Group A-GB4	

Taekwondo Demonstration | 12:30pm – 12:45pm

Competition Schedule | 1:00pm – 5:00pm

Time	1:00pm – 2:30pm	2:30pm – 5:00pm
Court A	Green	Green-Blue
Court B	Blue	Yellow-Green
Court C	Blue-Red	Red, Red-Black
Court D	Black	Yellow

Southorn Stadium, 111 Johnston Road, Wan Chai
To re-print entry form, visit www.hongkongtaekwondo.com/

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CHEANG YIN LOK ENOCH	
Belt & Poomsae GREEN-BLUE (4)	
Division Kids II (6-8)	School CDK-STT
Group A-GB6	

Taekwondo Demonstration | 12:30pm – 12:45pm

Competition Schedule | 1:00pm – 5:00pm

Time	1:00pm – 2:30pm	2:30pm – 5:00pm
Court A	Green	Green-Blue
Court B	Blue	Yellow-Green
Court C	Blue-Red	Red, Red-Black
Court D	Black	Yellow

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BENJAMIN HONG	
Belt & Poomsae BLUE (5)	
Division Kids II (6-8)	School CDK-STT
Group B-B6	

Taekwondo Demonstration | 12:30pm – 12:45pm

Competition Schedule | 1:00pm – 5:00pm

Time	1:00pm – 2:30pm	2:30pm – 5:00pm
Court A	Green	Green-Blue
Court B	Blue	Yellow-Green
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SIZE HOI KING	
Belt & Poomsae BLUE (5)	
Division Kids II (6-8)	School CDK-STT
Group B-B9	

Taekwondo Demonstration | 12:30pm – 12:45pm

Competition Schedule | 1:00pm – 5:00pm

Time	1:00pm – 2:30pm	2:30pm – 5:00pm
Court A	Green	Green-Blue
Court B	Blue	Yellow-Green
Court C	Blue-Red	Red, Red-Black
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CHENYU ZHANG	
Belt & Poomsae BLUE (5)	
Division Kids III (9-11)	School CDK-STT
Group B-B13	

Taekwondo Demonstration | 12:30pm – 12:45pm

Competition Schedule | 1:00pm – 5:00pm

Time	1:00pm – 2:30pm	2:30pm – 5:00pm
Court A	Green	Green-Blue
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TAN TSE JIN CONNOR BRYAN	
Belt & Poomsae BLUE-RED (6)	
Division Kids III (9-11)	School CDK-STT
Group C-BR13	

Taekwondo Demonstration | 12:30pm – 12:45pm

Competition Schedule | 1:00pm – 5:00pm

Time	1:00pm – 2:30pm	2:30pm – 5:00pm
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Court B	Blue	Yellow-Green
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LAM TSZ YING	
Belt & Poomsae BLUE-RED (6)	
Division Senior III (30+)	School CDK-STT
Group C-BR16	

Taekwondo Demonstration | 12:30pm – 12:45pm

Competition Schedule | 1:00pm – 5:00pm

Time	1:00pm – 2:30pm	2:30pm – 5:00pm
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Court C	Blue-Red	Red, Red-Black
Court D	Black	Yellow

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PACE HO	
Belt & Poomsae RED-BLACK (8)	
Division Kids II (6-8)	School CDK-STT
Group C-RB6	

Taekwondo Demonstration | 12:30pm – 12:45pm

Competition Schedule | 1:00pm – 5:00pm

Time	1:00pm – 2:30pm	2:30pm – 5:00pm
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ALICE GUIDETTI	
Belt & Poomsae RED-BLACK (8)	
Division Senior I (15-19)	School CDK-STT
Group C-RB10	

Taekwondo Demonstration | 12:30pm – 12:45pm

Competition Schedule | 1:00pm – 5:00pm

Time	1:00pm – 2:30pm	2:30pm – 5:00pm
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LEAH HO	
Belt & Poomsae BLACK (7 & Koryo)	
Division Kids III (9-11)	School CDK-STT
Group D-D8	

Taekwondo Demonstration | 12:30pm – 12:45pm

Competition Schedule | 1:00pm – 5:00pm

Time	1:00pm – 2:30pm	2:30pm – 5:00pm
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FONG ALLISON LOK YAN	
Belt & Poomsae BLACK (7 & Koryo)	
Division Senior I (15-19)	School CDK-STT
Group D-D14	

Taekwondo Demonstration | 12:30pm – 12:45pm

Competition Schedule | 1:00pm – 5:00pm

Time	1:00pm – 2:30pm	2:30pm – 5:00pm
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