

Thursday, July 4

Report times

- 8:00am 6-7 Breaking (All ranks)
8-9 Male Yellow, Green & Red Poomsae
- 8:30am 6-7 Sparring (All ranks)
- 9:00am 8-9 Male Blue & Black belt Poomsae
8-9 Female Breaking (All ranks)
8-9 Male Yellow, Green & Red belt sparring
- 10:00am Para Poomsae
- 10:30am 8-9 Male Blue & Black belt sparring
- 11:00am 8-9 Female sparring (All ranks)