

SATURDAY afternoon 14:30 - 19:30		mins.
ring 1	preparation for power tkd	
	POWER TAEKWON-DO	90
	total	90

SATURDAY afternoon 14:30 - 19:30		mins.
ring 2	INDIVIDUAL SPARRING ADULT MALE -64kg	100
	TEAM SPARRING JUNIOR 14-15 FEMALE	60
	SELF DEFENSE ADULTS - FEMALE HERO	15
	SELF DEFENSE ADULTS - MALE HERO	20
	total	195

SATURDAY afternoon 14:30 - 19:30		mins.
ring 3	INDIVIDUAL SPARRING ADULT MALE -71kg	130
	TEAM SPARRING JUNIOR 16-17 MALE	84
	total	214

SATURDAY afternoon 14:30 - 19:30		mins.
ring 4	TEAM SPARRING JUNIOR 14-15 MALE	72
	INDIVIDUAL SPARRING ADULT MALE -85kg	120
	TEAM SPARRING JUNIOR 16-17 FEMALE	60
	SELF DEFENSE JUNIOR - MALE HERO	20
	SELF DEFENSE JUNIOR - FEMALE HERO	15
total	215	

SATURDAY afternoon 14:30 - 19:30		mins.
ring 5	INDIVIDUAL SPARRING ADULT FEMALE +75kg	60
	INDIVIDUAL SPARRING ADULT MALE +85kg	130
total	190	

SATURDAY afternoon 14:30 - 19:30		mins.
ring 6	INDIVIDUAL POWER TEST VETERAN SILVER MALE	180
	INDIVIDUAL POWER TEST VETERAN SILVER FEMALE	20
	TEAM POWER TEST VETERAN MALE	75
total	275	