



Lents Taekwondo & Worldwide Sports Online present:

# 4<sup>th</sup> LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

[www.youtube.com/LentsTaekwondo](http://www.youtube.com/LentsTaekwondo)    [www.facebook.com/LentsTaekwondo](http://www.facebook.com/LentsTaekwondo)

## Day 4 - Recognized Poomsae Sunday, May 2nd

Time (CEST, GMT +2)	Ring 1 Facebook & YouTube Lents Taekwondo	Ring 2 Facebook & YouTube Lents Taekwondo	Ring 3 Facebook & YouTube Lents Taekwondo
15:50			
15:55			
16:00	BREAK	BREAK	Under 30 Black Belt Individual Female Semifinal
16:05			
16:10			
16:15			
16:20			
16:25			
16:30			BREAK
16:35	Under 40 Black Belt Individual Male Semifinal	Under 30 Black Belt Individual Male Semifinal	
16:40			
16:45			
16:50			
16:55			
17:00			
17:05			Under 50 Black Belt Individual Female Semifinal
17:10			
17:15			
17:20			
17:25			
17:30			
17:35	BREAK		
17:40			
17:45	Under 40 Black Belt Individual Female Semifinal	BREAK	
17:50			
17:55			
18:00			
18:05			
18:10			
18:15			
18:20			
18:25			
18:30			
18:35			Under 50 Black Belt Individual Male Semifinal
18:40			
18:45			
18:50			
18:55			
19:00			
19:05			
19:10			
19:15			
19:20			
19:25			
19:30			
19:35			
19:40			