

Lents Taekwondo & Worldwide Sports Online present:

4th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

www.youtube.com/LentsTaekwondo www.facebook.com/LentsTaekwondo

Freestyle, Beach & Para Poomsae Sunday, April 25

Time (CEST, GMT +2)	Ring 1 Facebook & YouTube Lents Taekwondo
12:00	Beach Poomsae Under 17 Team Black Belt Female
12:05	
12:10	
12:15	
12:20	
12:25	Beach Poomsae Under 17 Team Black Belt Male
12:30	BREAK
12:35	Beach Poomsae Under 30 Individual Black Belt Female
12:40	
12:45	
12:50	
12:55	
13:00	BREAK
13:05	
13:10	
13:15	
13:20	
13:25	Beach Poomsae Under 30 Individual Black Belt Male
13:30	
13:35	
13:40	
13:45	
13:50	BREAK
13:55	
14:00	
14:05	
14:10	
14:15	BREAK
14:20	
14:25	
14:30	
14:35	

Time	Ring 1 Facebook & YouTube Lents Taekwondo
14:40	Beach Poomsae Over 17 Individual Color Belt Male
14:45	
14:50	
14:55	
15:00	
15:05	Beach Poomsae Over 17 Team Black Belt Female
15:10	Beach Poomsae Over 17 Team Black Belt Male
15:15	
15:20	
15:25	
15:30	
15:35	BREAK
15:40	
15:45	
15:50	
15:55	
16:00	Beach Poomsae Over 30 Individual Black Belt Female
16:05	
16:10	
16:15	
16:20	
16:25	Beach Poomsae Over 30 Individual Black Belt Male
16:30	
16:35	
16:40	
16:45	

