



TAEKWONDO SCHEDULE

Friday, July 28, 2023

- 3:00 PM – 6:00 PM Athlete and Coach Check-In
(Pick up credentials from Sport Committee)
- Time TBD Coaches' Meeting (MANDATORY)
- Time TBD Officials' Clinic (MANDATORY)

Saturday, July 29, 2023

- 9:00 AM Taekwondo Opening Ceremony
- 9:30 AM Individual Traditional Forms, Team Forms, Creative Forms, Creative Musical Forms, Padded Weapons Sparring, Weapons Forms & Self Defense Competition

Sunday, July 30, 2023

- 9:00 AM Demo Team, Open Board Breaking, Jump/Flying Board Breaking, Speed Board Breaking/Power Hand Breaking & Power Foot Breaking