

TAEKWONDO RESILIENCE ONLINE POOMSAE CHAMPIONSHIPS 2020



Sanctioned by Singapore Taekwondo Federation

The Taekwondo Resilience Online Poomsae Championships 2020 is for young athletes (30 years and below) of all belt levels in Singapore and invited countries to test their mettle against each other! Let's fight COVID-19 in the most positive way possible by keeping fit and sharp!

**REGISTER
EARLY
FROM
14 SEPT!**

Registration Period: 5th Oct - 9th Oct 2020

Video Submission Period: 12th - 16th Oct 2020

Championships Proper: 28th - 31st Oct 2020

Register @

<http://frcombat.com/views.php?idmatch=121>

Championships will be pre-judged or judged "live" depending on the prevailing COVID-19 situation and published on YouTube or Facebook.

