

PROGRAMME FOR OPEN SELECTION 2025

DAY 1 (4 January 2025) Programme – Poomsae & Kyorugi Technical Component @ STF Bedok National Training Centre (7 Bedok North Street 2, Singapore 469646)

Time	Activity
8.30 am	Poomsae & Kyorugi Senior Candidates Report
8.40 am	Briefing*
9.00 am	Start of Senior Technical Component
10.30 am	Poomsae & Kyorugi Cadet & Junior Candidates Report
10.40 am	Briefing*
11.00 am	Start of Cadet & Junior Technical Component

*Briefing is compulsory for all candidates

DAY 2 (5 January 2025) Programme – Poomsae & Kyorugi Physical Component @ Woodlands Sport Hall, Section E (2 Woodlands Street 12, Singapore 738620)

Time	Activity
12.30 pm	Kyorugi and Poomsae Cadet Candidates Report
12.40 pm	Briefing*
1.00 pm	Start of Physical Component for all Cadet Candidates
2.00 pm	Kyorugi and Poomsae Junior Candidates Report
2.10 pm	Briefing*
2.30 pm	Start of Physical Component for all Junior Candidates
3.30 pm	Kyorugi and Poomsae Senior Candidates Report
3.40 pm	Briefing*
4.00 pm	Start of Physical Component for all Senior Candidates

*Briefing is compulsory for all candidates

10 January 2025 - Weigh in for all Kyorugi Candidates @ STF Bedok National Training Centre (7 Bedok North Street 2, Singapore 469646)

- Weigh-in will be conducted from 2pm to 9pm.
- Weigh-in can be done in T-shirt and shorts/tights. Strictly NO NUDE WEIGH-IN is allowed.
- Candidates who fail to come for weigh in or fail to make the applied category will be disqualified from the selection

**DAY 3 (11 January 2025) Programme – Poomsae & Kyorugi Component
@ STF Bedok National Training Centre (7 Bedok North Street 2,
Singapore 469646)**

Morning – Poomsae Component

Time	Activity
8.00 am	Poomsae Senior Candidates Report
8.10 am	Briefing*
8.30 am	Start of Senior Poomsae Component
10.00 am	Poomsae Cadet & Junior Candidates Report
10.10 am	Briefing*
10.30 am	Start of Cadet & Junior Poomsae Component

*Briefing is compulsory for all candidates

Afternoon – Kyorugi Component

Time	Activity
1.00 pm	Kyorugi Cadet Candidates Report
1.10 pm	Briefing*
1.30 pm	Start of Cadet Kyorugi Component
2.30 pm	Kyorugi Junior Candidates Report
2.45 pm	Briefing*
3.30 pm	Start of Junior Kyorugi Component
4.30 pm	Kyorugi Senior Candidates Report
4.45pm	Briefing*
5.30pm	Start of Senior Kyorugi Component

*Briefing is compulsory for all candidates

**All are expected to bring their Personal Protective Equipment (PPE) including mouth guard and personal electronic socks (KPNP)