

**PROGRAM OF EVENTS**  
**Factor10 Hanmadang**  
**21 April 2012**

1.00-1.15pm	Registration/Height Check	
1.00-1.15pm	Court 1	Power Breaking
1.15-2.15pm	Court 1	High Kick 6-11
1.15-2.15pm	Court 2	High Kick 12+
2.15-2.45pm	Court 1	Self Defence
2.15-2.45pm	Court 2	Pairs Poomse Creative Poomse
2.45-3.45pm	Court 1	Fly Side Kick 6-11
2.45-3.45pm	Court 2	Fly Side Kick 12+
3.45-4.45pm	Court 1	Technical Breaking 6-11
3.45-4.45pm	Court 2	Technical Breaking 12+
4.45-6.00pm	Court 1	TKD Individual Poomse - Yellow/Blue/Red Belts
4.45-6.00pm	Court 2	TKD Individual Poomse - Cho Dan Bo/Black Belts HKD Individual Poomse

