

**SINGAPORE TAEKWONDO FEDERATION  
OPEN SELECTIONS (KYORUGI)  
9 & 10 December 2023**

**CADET  
(Born in 2010 or 2011)**

Name of Coach		
Affiliate		
Contact Number		
Email Address		
Name of Accompanying Coach		<b>Level 2 Coach Pass No</b>
		<b>Contact Number</b>

Male			Female		
Weight	Name	Year of Birth	Weight	Name	Year of Birth
Under 33kg			Under 29kg		
Under 37kg			Under 33kg		
Under 41kg			Under 37kg		
Under 45kg			Under 41kg		
Under 49kg			Under 44kg		
Under 53kg			Under 47kg		
Under 57kg			Under 51kg		
Under 61kg			Under 55kg		
Under 65kg			Under 59kg		
Over 65kg			Over 59kg		

**SINGAPORE TAEKWONDO FEDERATION  
OPEN SELECTIONS (KYORUGI)  
9 & 10 December 2023**

**JUNIOR  
(Born in 2009, 2008 or  
2007)**

Name of Coach		
Affiliate		
Contact Number		
Email Address		
Name of Accompanying Coach		<b>Level 2 Coach Pass No</b>
		<b>Contact Number</b>

Male			Female		
Weight	Name	Year of Birth	Weight	Name	Year of Birth
Under 45kg			Under 42kg		
Under 48kg			Under 44kg		
Under 51kg			Under 46kg		
Under 55kg			Under 49kg		
Under 59kg			Under 52kg		
Under 63kg			Under 55kg		
Under 68kg			Under 59kg		
Under 73kg			Under 63kg		
Under 78kg			Under 68kg		
Over 78kg			Over 68kg		

**SINGAPORE TAEKWONDO FEDERATION  
OPEN SELECTIONS (KYORUGI)  
9 & 10 December 2023**

**SENIOR  
(Born in 2006 or earlier)**

Name of Coach		
Affiliate		
Contact Number		
Email Address		
Name of Accompanying Coach		<b>Level 2 Coach Pass No</b>
		<b>Contact Number</b>

Male			Female		
Weight	Name	Year of Birth	Weight	Name	Year of Birth
Under 54kg			Under 46kg		
Under 58kg			Under 49kg		
Under 63kg			Under 53kg		
Under 68kg			Under 57kg		
Under 74kg			Under 62kg		
Under 80kg			Under 67kg		
Under 87kg			Under 73kg		
Over 87kg			Over 73kg		

**SINGAPORE TAEKWONDO FEDERATION  
OPEN SELECTIONS 2023 (POOMSAE)  
9 & 10 December 2023**

Name of Coach		
Affiliate		
Contact Number		
Email Address		
Name of Accompanying Coach		<b>Level 2 Coach Pass No</b>
		<b>Contact Number</b>

**Male**

No	Name	Event	Year of Birth
		Recognised / Freestyle	
		Recognised / Freestyle	
		Recognised / Freestyle	
		Recognised / Freestyle	
		Recognised / Freestyle	
		Recognised / Freestyle	
		Recognised / Freestyle	
		Recognised / Freestyle	

**Female**

No	Name	Event	Year of Birth
		Recognised / Freestyle	
		Recognised / Freestyle	
		Recognised / Freestyle	
		Recognised / Freestyle	
		Recognised / Freestyle	
		Recognised / Freestyle	
		Recognised / Freestyle	
		Recognised / Freestyle	