

DAY 1 (9 December 2023) SCHEDULE – Poomsae and Kyorugi Component

Time	Activity
8.30 am	Poomsae Senior Category Candidates Report
8.45 am	Briefing*
9.00 am	Start of Poomsae Senior Category Poomsae Component
10.30 am	Poomsae Cadet & Junior Category Report
10.45 am	Briefing*
11.00 am	Start of Poomsae Cadet & Junior Category Poomsae Component
1.45 pm	Kyorugi Senior Category Candidates Report + Weigh in**
2.15 pm	Briefing*
2.30 pm	Start of Kyorugi Senior Category Kyorugi Component
3.45 pm	Kyorugi Cadet & Junior Category Candidates Report + Weigh in**
4.15 pm	Briefing*
4.30 pm	Start of Kyorugi Cadet & Junior Category Kyorugi Component

*Briefing is compulsory for all candidates

** Weigh in time slot will be from 9 to 10 am OR during respective reporting time slot only

DAY 2 (10 December 2023) SCHEDULE – Technical and Physical Component

Time	Activity
8.30 am	Kyorugi and Poomsae Senior Category Candidates Report
8.45 am	Briefing*
9.00 am	Start of Technical Component for all Senior Category
11.30 am	Kyorugi and Poomsae Cadet & Junior Category candidates Report
11.45 am	Briefing*
12.00 pm	Start of Technical Component for all Cadet & Junior Category
3.00 pm	Kyorugi and Poomsae Senior Category Candidates Report
3.15 pm	Briefing*
3.30 pm	Start of Physical Component for all Senior Category
5.00 pm	Kyorugi and Poomsae Cadet & Junior Category candidates Report
5.15 pm	Briefing*
5.30pm	Start of Physical component for all Cadet & Junior Category

*Briefing is compulsory for all candidates