

5th National Taekwondo Demonstration Championships (2016)

18th Dec 2016 (Sunday) - Toa Payoh Sport Hall

| Category | No. | Estimate Time | Court |
|--|----------------------------|----------------------|--------------|
| A) High Jump Kick - Male 1) Young Junior 2 (Age 9 - 11) 2) Cadet (Age 12 - 14) 3) Junior (Age 15 - 17) 4) Senior 1 (Age 18 - 30) 5) Master (Age above 40) | 4 4 5 2 3 | 09.30am - 11.30am | A |
| B) High Jump Kick - Female 6) Cadet (Age 12 - 14) 7) Junior (Age 15 - 17) 8) Senior 1 (Age 18 - 30) | 3 2 1 | 11.45am - 12.45pm | A |
| C) Long Jump Kick - Male 9) Cadet (Age 12 - 14) 10) Junior (Age 15 - 17) 11) Senior 1 (Age 18 - 30) | 4 4 2 | 09.45am - 11.00am | C |
| D) Long Jump Kick - Female 12) Cadet (Age 12 - 14) 13) Junior (Age 15 - 17) | 2 1 | 11.10am - 11.30am | C |
| E) Reverse Kick Breaking - Male 14) Young Junior 2 (Age 9 - 11) 15) Cadet (Age 12 - 14) 16) Junior (Age 15 - 17) 17) Senior 1 (Age 18 - 30) 18) Senior 2 (Age 31 - 40) 19) Master (Age above 40) | 1 6 2 5 1 3 | 11.45am - 1.00pm | C |
| F) Reverse Kick Breaking - Female 20) Cadet (Age 12 - 14) 21) Junior (Age 15 - 17) 22) Master (Age above 40) | 3 1 1 | 1.00pm - 1.20pm | C |

| Category | No. | Estimate Time | Court |
|--|-----------------------|----------------------|--------------|
| G) Freestyle Breaking - Male 23) Cadet (Age 12 - 14) 24) Junior (Age 15 - 17) 25) Senior 1 (Age 18 - 30) 26) Senior 2 (Age 31 - 40) | 3 3 5 1 | 1.30pm - 2.00pm | C |
| H) Freestyle Breaking - Female 27) Cadet (Age 12 - 14) 28) Junior (Age 15 - 17) 29) Senior 1 (Age 18 - 30) | 2 1 1 | 2.05pm - 2.30pm | C |
| J) Fist Breaking - Male 30) Senior 1 (Age 18 - 30) 31) Master (Age above 40) | 3 2 | 11.00am - 11.30am | B |
| K) Knife-Hand Breaking - Male 32) Master (Age above 40) | 1 | 11.30am - 11.40am | B |
| L) Taekwon Aerobics (Team Of 5) 33) Young Junior 1 (Age 5 - 8) 34) Young Junior 2 (Age 9 - 11) 35) Junior (Age 15 - 17) 36) Senior (Age 18 - 40) 37) Master (Age above 40) | 1 3 2 3 1 | 2.30pm - 3.30pm | B |
| M) Self Defence (Up to 5 pax) 38) Young Junior 2 (Age 9 - 11) 39) Cadet (Age 12 - 14) 40) Junior (Age 15 - 17) 41) Senior 1 (Age 18 - 30) | 1 2 1 1 | 3.40 pm - 4.10pm | B |
| N) Creative Poomsae (Team Of 3) 42) Young Junior 1 (Age 5 - 8) 43) Young Junior 2 (Age 9 - 11) 44) Cadet (Age 12 - 14) 45) Junior (Age 15 - 17) 46) Senior 1 (Age 18 - 30) | 1 2 2 2 1 | 4.20 pm - 5.00pm | B |

5th National Taekwondo Demonstration Championships 2016

A) High Jump Kick - Male

09.30am - 11.30am

1) Young Junior 2 (Age 9-11)

4

| | | |
|---|-------------------------------|---|
| 1 | Lim Rui Yang | J H Kim Taekwondo Institute (Bukit Timah) |
| 2 | Ng Ka Lok Daniel | J H Kim Taekwondo Institute (Bukit Timah) |
| 3 | Kyle Castillo Tamondong | Taekwondonomics Pte Ltd |
| 4 | Nicholas Adam Khaw Hoong Keat | Taekwondonomics Pte Ltd |
| | | |

2) Cadet (Age 12-14)

4

| | | |
|---|-------------------------|---|
| 1 | Rajnak Alex | J H Kim Taekwondo Institute (Bukit Timah) |
| 2 | Lukas Kaas Andersen | J H Kim Taekwondo Institute (Bukit Timah) |
| 3 | William Allan Hardiment | J H Kim Taekwondo Institute (Bukit Timah) |
| 4 | Yi-Ren Amadou Tay Weaks | J H Kim Taekwondo Institute (Bukit Timah) |
| | | |

3) Junior (Age 15-17)

5

| | | |
|---|-----------------------------|--------------------------|
| 1 | Goh Hongbin Sherman | Acme Taekwondo |
| 2 | Mohd Rifqi Bin Mohd Ridhuan | Acme Taekwondo |
| 3 | Lim Yu De | Ci Yuan Community Centre |
| 4 | See Wei Wen | Taekwondonomics Pte Ltd |
| 5 | Ng Wei Xiang Sebastian | Taekwondonomics Pte Ltd |
| | | |

4) Senior 1 (Age 18-30)

2

| | | |
|---|-----------------------|--------------|
| 1 | Goh Kee Wei | KTMA Academy |
| 2 | Joseph Chai Chun Ming | Zen Academy |
| | | |

5) Master (Age above 40)

3

| | | |
|---|----------------------|------------------|
| 1 | Hun Teck Kwang | The British Club |
| 2 | Adam Slater | The British Club |
| 3 | Ravindran s/o Muniam | The British Club |
| | | |

B) High Jump Kick - Female

11.45am - 12.45pm

6) Cadet (Age 12 -14)

3

| | | |
|---|---------------------------|---|
| 1 | Brenna Lauren Tan Jia Ern | J H Kim Taekwondo Institute (Bukit Timah) |
| 2 | Chia Jie Min Rachel Clare | J H Kim Taekwondo Institute (Bukit Timah) |
| 3 | Bianca De Ferrari | J H Kim Taekwondo Institute (Bukit Timah) |
| | | |

7) Junior (Age 15-17)

2

| | | |
|---|---------------------------|-------------------------|
| 1 | Khaw Nicole Alethea | Taekwondonomics Pte Ltd |
| 2 | Hannah Castillo Tamonoong | Taekwondonomics Pte Ltd |
| | | |

8) Senior 1 (Age 18-30)

1

| | | |
|---|------------------------|-------------|
| 1 | Chin Dao Zhen Ckrystal | Zen Academy |
| | | |

C) Long Jump Kick - Male

09.45am - 11.00am

9) Cadet (Age 12-14)

4

| | | |
|---|-------------------------|---|
| 1 | Rajnak Alex | J H Kim Taekwondo Institute (Bukit Timah) |
| 2 | Lukas Kaas Andersen | J H Kim Taekwondo Institute (Bukit Timah) |
| 3 | William Allan Hardiment | J H Kim Taekwondo Institute (Bukit Timah) |
| 4 | Low Sze Sheng Brandon | Taekwondonomics Pte Ltd |
| | | |

10) Junior (Age 15-17)

4

| | | |
|---|-----------------------------|---|
| 1 | Mohd Rifqi Bin Mohd Ridhuan | Acme Taekwondo |
| 2 | Carl Song Jye Le | J H Kim Taekwondo Institute (Bukit Timah) |
| 3 | See Wei Wen | Taekwondonomics Pte Ltd |
| 4 | Ng Wei Xiang Sebastian | Taekwondonomics Pte Ltd |
| | | |

11) Senior 1 (Age 18-30)

2

| | | |
|---|-----------------------|--------------|
| 1 | Goh Kee Wei | KTMA Academy |
| 2 | Joseph Chai Chun Ming | Zen Academy |
| | | |

D) Long Jump Kick - Female

11.10am - 11.30am

12) Cadet (Age 12-14)

2

| | | |
|---|---------------------------|---|
| 1 | Brenna Lauren Tan Jia Ern | J H Kim Taekwondo Institute (Bukit Timah) |
| 2 | Chia Jie Min Rachel Clare | J H Kim Taekwondo Institute (Bukit Timah) |
| | | |

13) Junior (Age 15-17)

1

| | | |
|---|---------------------------|-------------------------|
| 1 | Hannah Castillo Tamonoong | Taekwondonomics Pte Ltd |
| | | |

E) Reverse Kick Breaking - Male

11.45am - 1.00pm

14) Young Junior 2 (Age 9 -11)

1

| | | |
|---|---------------------|-------------------------|
| 1 | Aloysius Yeo ZhiJie | Taekwondonomics Pte Ltd |
| | | |

15) Cadet (Age 12-14)

6

| | | |
|---|-------------------------|---|
| 1 | Lim Heng Li Nayden | Ci Yuan Community Centre |
| 2 | Wong Yin Anston | Ci Yuan Community Centre |
| 3 | Rajnak Alex | J H Kim Taekwondo Institute (Bukit Timah) |
| 4 | Lukas Kaas Andersen | J H Kim Taekwondo Institute (Bukit Timah) |
| 5 | William Allan Hardiment | J H Kim Taekwondo Institute (Bukit Timah) |
| 6 | Low Sze Sheng Brandon | Taekwondonomics Pte Ltd |
| | | |

16) Junior (Age 15 -17)

2

| | | |
|---|-----------------------------|--------------------------|
| 1 | Mohd Rifqi Bin Mohd Ridhuan | Acme Taekwondo |
| 2 | Lim Yu De | Ci Yuan Community Centre |
| | | |

17) Senior 1 (Age 18-30)

5

| | | |
|---|--------------------|--------------------------|
| 1 | Lim Zheng Liang | Ci Yuan Community Centre |
| 2 | Kim Dong Jin | KTMA Academy |
| 3 | Song YongJun | KTMA Academy |
| 4 | Ho Yao Tong Victor | NTU Taekwondo Club |
| 5 | Joe Vanni P Colega | Taekwondonomics Pte Ltd |
| | | |

18) Senior 2 (Age 31-40)

1

| | | |
|---|---------------|--------------------------|
| 1 | Lim Soon Heng | Ci Yuan Community Centre |
| | | |

19) Master (Age above 40)

3

| | | |
|---|----------------------|------------------|
| 1 | Hun Teck Kwang | The British Club |
| 2 | Tooraj Forughian | The British Club |
| 3 | Ravindran s/o Muniam | The British Club |
| | | |

F) Reverse Kick Breaking - Female

1.00pm - 1.20pm

20) Cadet (Age 12-14)

3

| | | |
|---|---------------------------|---|
| 1 | Brenna Lauren Tan Jia Ern | J H Kim Taekwondo Institute (Bukit Timah) |
| 2 | Chia Jie Min Rachel Clare | J H Kim Taekwondo Institute (Bukit Timah) |
| 3 | Bianca De Ferrari | J H Kim Taekwondo Institute (Bukit Timah) |
| | | |

21) Junior (Age 15-17)

1

| | | |
|---|------------------|------------------|
| 1 | Roxana Forughian | The British Club |
| | | |

22) Master (Age above 40)

1

| | | |
|---|---------------------|------------------|
| 1 | Angela Jane Mullany | The British Club |
| | | |

G) Freestyle Breaking - Male

1.30pm - 2.00pm

23) Cadet (Age 12-14)

3

| | | |
|---|-------------------------|---|
| 1 | Rajnak Alex | J H Kim Taekwondo Institute (Bukit Timah) |
| 2 | Lukas Kaas Andersen | J H Kim Taekwondo Institute (Bukit Timah) |
| 3 | William Allan Hardiment | J H Kim Taekwondo Institute (Bukit Timah) |
| | | |

24) Junior (Age 15-17)

3

| | | |
|---|--------------------------------|--------------------------|
| 1 | Muhammad Hamizan Bin Ramarudin | Acme Taekwondo |
| 2 | Lim Yu De | Ci Yuan Community Centre |
| 3 | Ng Wei Xiang Sebastian | Taekwondonomics Pte Ltd |
| | | |

25) Senior 1 (Age 18 -30)

5

| | | |
|---|-------------------------|-------------------------|
| 1 | Bernard Kuah Tong Khee | Acme Taekwondo |
| 2 | Kim Dong Jin | KTMA Academy |
| 3 | Song YongJun | KTMA Academy |
| 4 | Goh Kee Wei | KTMA Academy |
| 5 | Jaylord Irorita Seridon | Taekwondonomics Pte Ltd |
| | | |

26) Senior 2 (Age 31-40)

1

| | | |
|---|---------------------|-------------------------|
| 1 | Yeo Chi-Lin Leonard | Taekwondonomics Pte Ltd |
| | | |

H) Freestyle Breaking - Female

2.05pm - 2.30pm

27) Cadet (Age 12-14)

2

| | | |
|---|---------------------------|---|
| 1 | Brenna Lauren Tan Jia Ern | J H Kim Taekwondo Institute (Bukit Timah) |
| 2 | Chia Jie Min Rachel Clare | J H Kim Taekwondo Institute (Bukit Timah) |
| | | |

28) Junior (Age 15-17)

1

| | | |
|---|---------------------|-------------------------|
| 1 | Khaw Nicole Alethea | Taekwondonomics Pte Ltd |
| | | |

29) Senior 1 (Age 18-30)

1

| | | |
|---|-------------------|----------------|
| 1 | Lim Soon Yi Joyce | Acme Taekwondo |
| | | |

J) Fist Breaking - Male

11.00am - 11.30am

30) Senior 1 (Age 18-30)

3

| | | |
|---|---------------------|-------------------------|
| 1 | Ho Yao Tong Victor | NTU Taekwondo Club |
| 2 | Joe Vanni P Colega | Taekwondonomics Pte Ltd |
| 3 | Vanson Wong Kah Hon | Taekwondonomics Pte Ltd |
| | | |

31) Master (Age above 40)

2

| | | |
|---|---------------------------|------------------|
| 1 | Mohamad Ridhuan Bin Akmat | Acme Taekwondo |
| 2 | Hun Teck Kwang | The British Club |
| | | |

K) Knife-Hand Breaking - Male

11.30am - 11.40am

32) Master (Age above 40)

1

| | | |
|---|----------------|------------------|
| 1 | Hun Teck Kwang | The British Club |
| | | |

L) Taekwon Aerobics (Team of 5)

2.30pm - 3.30pm

33) Young Junior 1 (Age 5-8)

1

| | | |
|---|-----------------------|-----------------|
| 1 | Jean Sng | Induk Taekwondo |
| | Yap Hshuen | Induk Taekwondo |
| | Brandon Shen | Induk Taekwondo |
| | Jarrelln Ong Zhi Wei | Induk Taekwondo |
| | Choo Kai Ze Alexander | Induk Taekwondo |

34) Young Junior 2 (Age 9-11)

3

| | | |
|---|-------------------------------|-------------------------|
| 1 | Tiu Shaine | Acme Taekwondo |
| | Germaine Loi Jia Min | Acme Taekwondo |
| | Regan Chin Guan Cong | Acme Taekwondo |
| | Gladys Law Yun Xuan | Acme Taekwondo |
| | Jasmyne Chua Yi Xuan | Acme Taekwondo |
| 2 | Jewel Ashlee Gan | Induk Taekwondo |
| | Rachel Ha Yoon Lee | Induk Taekwondo |
| | Reginald Huey Tan Ian Jay | Induk Taekwondo |
| | Chong Ka Yan Rachel Ann | Induk Taekwondo |
| | Yap Zong - Han Darren | Induk Taekwondo |
| 3 | Clarence Lee Teng Hong | Taekwondonomics Pte Ltd |
| | Low Sze Hong Bryant | Taekwondonomics Pte Ltd |
| | Yeo Ziyi Ezann | Taekwondonomics Pte Ltd |
| | Nicholas Adam Khaw Hoong Keat | Taekwondonomics Pte Ltd |
| | Aloysius Yeo ZhiJie | Taekwondonomics Pte Ltd |

35) Junior (Age 13-17)

2

| | | |
|---|-----------------------------------|-------------------------|
| 1 | Ngo Xian Nuo Joel | Acme Taekwondo |
| | Megan Chin Ying Xuan | Acme Taekwondo |
| | Chloe Anya Lai | Acme Taekwondo |
| | Muhammad Hamizan Bin Ramarudin | Acme Taekwondo |
| | Goh Hongbin Sherman | Acme Taekwondo |
| 2 | Low Sze Sheng Brandon | Taekwondonomics Pte Ltd |
| | Teo Jie Zi | Taekwondonomics Pte Ltd |
| | Orchid Safura Binte Mohamad Fahmy | Taekwondonomics Pte Ltd |
| | Khaw Nicole Alethea | Taekwondonomics Pte Ltd |
| | Hannah Castillo Tamonoong | Taekwondonomics Pte Ltd |

36) Senior (Age 18-40)

3

| | | |
|---|-------------------------|-------------------------|
| 1 | Tan Shermaine | Acme Taekwondo |
| | Sherman Wee | Acme Taekwondo |
| | Veronica Phua | Acme Taekwondo |
| | Bernard Kuah Tong Khee | Acme Taekwondo |
| | Lim Soon Yi Joyce | Acme Taekwondo |
| 2 | Teo Jie Yu | Taekwondonomics Pte Ltd |
| | Joe Vanni P Colega | Taekwondonomics Pte Ltd |
| | Vanson Wong Kah Hon | Taekwondonomics Pte Ltd |
| | Jaylord Irorita Seridon | Taekwondonomics Pte Ltd |
| | Nathaniel L Bangayan | Taekwondonomics Pte Ltd |
| 3 | Joseph Chai Chun Ming | Zen Academy |
| | Chin Dao Zhen Ckrystal | Zen Academy |
| | Yip Jia Cheng | Zen Academy |
| | Lee Fu Sheng Roy | Zen Academy |
| | Teng Xiao Xuan | Zen Academy |

37) Master (Age above 40)

1

| | | |
|---|---------------------------|----------------|
| 1 | Jaylyn A Baxgnela | Acme Taekwondo |
| | Brenda Mee Galappe Madula | Acme Taekwondo |
| | Marissa Abrera Morpi | Acme Taekwondo |
| | Anecita Abad Soriano | Acme Taekwondo |
| | Eleanor Orcuse Moratal | Acme Taekwondo |

M) Self Defence (Up to 5 pax)

3.40 pm - 4.10pm

38) Young Junior 2 (Age 9-11)

1

| | | |
|---|----------------------|---|
| 1 | Amelia Tan Ying Xuan | J H Kim Taekwondo Institute (Bukit Timah) |
| | Lim Rui Yang | J H Kim Taekwondo Institute (Bukit Timah) |
| | Dale Teyu Jia Hui | J H Kim Taekwondo Institute (Bukit Timah) |
| | Ng Ka Lok Daniel | J H Kim Taekwondo Institute (Bukit Timah) |
| | Lee Sebastian | J H Kim Taekwondo Institute (Bukit Timah) |

39) Cadet (Age 12-14)

2

| | | |
|---|---------------------------|---|
| 1 | Chia Jie Min Rachel Clare | J H Kim Taekwondo Institute (Bukit Timah) |
| | Bianca De Ferrari | J H Kim Taekwondo Institute (Bukit Timah) |
| | Rajnak Alex | J H Kim Taekwondo Institute (Bukit Timah) |
| | Lukas Kaas Andersen | J H Kim Taekwondo Institute (Bukit Timah) |
| | William Allan Hardiment | J H Kim Taekwondo Institute (Bukit Timah) |
| 2 | Low Sze Sheng Brandon | Taekwondonomics Pte Ltd |
| | Ng Wei Xiang Sebastian | Taekwondonomics Pte Ltd |
| | | |
| | | |

40) Junior (Age 6-17)

1

| | | |
|---|------------------------|-------------------------|
| 1 | Low Sze Sheng Brandon | Taekwondonomics Pte Ltd |
| | Ng Wei Xiang Sebastian | Taekwondonomics Pte Ltd |
| | | |
| | | |

41) Senior 1 (Age 18-30)

1

| | | |
|---|--------------|--------------|
| 1 | Kim Dong Jin | KTMA Academy |
| | Song YongJun | KTMA Academy |
| | | |
| | | |

N) Creative Poomsae (Team of 3)

4.20 pm - 5.00pm

42) Young Junior 1 (Age 5-8)

1

| | | |
|---|-----------------------|-------------------------|
| 1 | Tan Kai Yuan | Taekwondonomics Pte Ltd |
| | Yeo Kai Jie Lucas | Taekwondonomics Pte Ltd |
| | Ong Jing Xiong Damien | Taekwondonomics Pte Ltd |

43) Young Junior 2 (Age 9-11)

2

| | | |
|---|-------------------------------|---|
| 1 | Lim Rui Yang | J H Kim Taekwondo Institute (Bukit Timah) |
| | Ng Ka Lok Daniel | J H Kim Taekwondo Institute (Bukit Timah) |
| | Amelia Tan Ying Xuan | J H Kim Taekwondo Institute (Bukit Timah) |
| 2 | Kyle Castillo Tamondong | Taekwondonomics Pte Ltd |
| | Nicholas Adam Khaw Hoong Keat | Taekwondonomics Pte Ltd |
| | Aloysius Yeo ZhiJie | Taekwondonomics Pte Ltd |

44) Cadet (Age 12-14)

2

| | | |
|---|---------------------------|---|
| 1 | Reginald Huey Tan Ian Jay | Induk Taekwondo |
| | Chong Ka Yan Rachel Ann | Induk Taekwondo |
| | Yap Zong - Han Darren | Induk Taekwondo |
| 2 | Chia Jie Min Rachel Clare | J H Kim Taekwondo Institute (Bukit Timah) |
| | Bianca De Ferrari | J H Kim Taekwondo Institute (Bukit Timah) |
| | Rajnak Alex | J H Kim Taekwondo Institute (Bukit Timah) |

45) Junior (Age 15-17)

2

| | | |
|---|-----------------------------------|-------------------------|
| 1 | Khaw Nicole Alethea | Taekwondonomics Pte Ltd |
| | Hannah Castillo Tamonoong | Taekwondonomics Pte Ltd |
| | See Wei Wen | Taekwondonomics Pte Ltd |
| 2 | Low Sze Sheng Brandon | Taekwondonomics Pte Ltd |
| | Teo Jie Zi | Taekwondonomics Pte Ltd |
| | Orchid Safura Binte Mohamad Fahmy | Taekwondonomics Pte Ltd |

46) Senior 1 (Age 18- 30)

1

| | | |
|---|-------------------------|-------------------------|
| 1 | Jan Vincent G Buenafe | Taekwondonomics Pte Ltd |
| | Lew Zhong Sheng Tristan | Taekwondonomics Pte Ltd |
| | | |