



Taekwon-do International  
2017 Spring Invitational Championship  
Saturday, April 29, 2017



Mount Saint Dominic Academy- 3 Ryerson Avenue - Caldwell, NJ

Schedule - All times are approximate

8:30 Doors open

9:00 Check in

10:00 All Black Belt Forms

Juniors (ages 15 and under)  
Adults (16-35)  
Seniors 36 and above  
Forms Grand Championships

10:45 Color Belt Forms

Juniors (ages 15 and under)      Beginners: White-Yellow-Orange  
Adults (16-35)                      including kids age 4-6, aka Mighty Lions  
Seniors 36 and above              Intermediate: Green-Blue-Purple  
Advanced: Red-Brown

11:30 Opening ceremonies

12:00 Lunch break

12:30 Color Belt Sparring

Juniors (ages 15 and under)      Beginners: White-Yellow-Orange  
Adults (16-35)                      including kids age 4-6, aka Mighty Lions  
Seniors 36 and above              Intermediate: Green-Blue-Purple  
Advanced: Red-Brown

1:30 Black Belt Sparring

Juniors - Light, Middle and Heavy  
Adult Men and Women - Light, Middle and Heavy  
Seniors Men and Women - Light, Middle and Heavy  
Adult Grand Championships

3:00 Color Belt Breaking

Juniors (ages 15 and under)      Beginners: White-Yellow-Orange  
Adults (16-35)                      including kids 4-6, aka Mighty Lions  
Seniors 36 and above              Intermediate: Green-Blue-Purple  
Advanced: Red-Brown

4:00 Black Belt Breaking

Juniors (ages 15 and under)  
Adults (16-35)  
Seniors 36 and above

5:00 Closing ceremonies