



**14th Annual**  
**Oregon Moo Duk Kwan Championships**  
**& Youth Leader Training**  
**September 29-30, 2023**  
**Lake Oswego United Methodist Church**  
**Lake Oswego, OR**



**Friday, September 29**

Time	Event	Participants
3:30-4:30pm	<b>Tournament Set-Up</b>	Volunteers
5:00-8:00pm	<b>Youth Leader Training</b> Intensive Sparring Training Pizza Dinner	Red Belts, Dan Members & Ko Dan Ja Ages 12-25 ONLY

**Saturday, September 30**

Time	Event	Participants
8:00am	<b>Doors Open</b> Shirt Pick-up	All Participants
8:15-8:35am	<b>Judges &amp; Scorekeepers Meeting</b>	Dan Members & Ko Dan Ja
8:45am	<b>Line Up</b>	All Participants
9:00-9:30am	<b>Opening Ceremonies</b> Warm-up Demonstrations	All Participants
9:30am-3:00pm	<b>14th Annual Oregon Moo Duk Kwan Championships</b>	All Participants