



**2021 Online Canadian Recreational Poomsae
National Championships
Week 2 (February 20 & 21, 2021) Results**

**Championnat national canadien virtuel de pomsé
non-compétitif 2021
Semaine 2 (20 et 21 février 2021)**

INDIVIDUAL FEMALE: 7-5 GUP – BORN 2014+			
Rank	Name	Province	Club Name
1	Diana To	Ontario	Markham Taekwondo

INDIVIDUAL MALE: 7-5 GUP – BORN 2014+			
Rank	Name	Province	Club Name
1	Thomas Lai	British Columbia	Jeon Eui Taekwondo
2	Maximus Yuen	British Columbia	Jeon Eui Taekwondo
3	Kai Bassi	British Columbia	Canwest Taekwondo Academy

INDIVIDUAL FEMALE: 7-5 GUP – BORN 2012-2013			
Rank	Name	Province	Club Name
1	Beatriz Markiewicz	Ontario	Kick Nation Taekwondo
2	Kya Yates	Saskatchewan	Swift Current Christian Taekwondo
3	Eden Widdup	Saskatchewan	Swift Current Christian Taekwondo
3	Amina Rahman	Ontario	Moohan Taekwondo
5	Breanna Walker	Ontario	Dragon Taekwondo Academy Oakville
6	Abigail Chen	Ontario	Moohan Taekwondo
7	Nadia Wong	Ontario	Moohan Taekwondo
8	Sophia Galea	Ontario	Kick Nation Taekwondo



TAEKWONDO CANADA

INDIVIDUAL MALE: 7-5 GUP – BORN 2012-2013

Rank	Name	Province	Club Name
1	Alfred Lam	Ontario	Markham Taekwondo
2	Adam Shahzad	Ontario	Moohan Taekwondo
3	Gregory Li	Ontario	Moohan Taekwondo
3	Nicholas Dao	Ontario	Dragon Taekwondo Academy
5	Alem Wiens	Saskatchewan	Swift Current Christian Taekwondo
6	Braxton Almeyda	Ontario	Dragon Taekwondo Academy
7	Marius Vo Franolic	Ontario	Brampton Olympic Taekwondo
8	Callan Kuyp	Manitoba	Tactical Taekwondo

INDIVIDUAL FEMALE: 7-5 GUP – BORN 2010-2011

Rank	Name	Province	Club Name
1	Cara Kwong	Ontario	Moohan Taekwondo
2	Charlize Bourque	Ontario	Kick Nation Taekwondo
3	Ilicia Fong	British Columbia	Wu's Taekwondo School
3	Alyanna Kuyp	Manitoba	Tactical Taekwondo

INDIVIDUAL MALE: 7-5 GUP – BORN 2010-2011

Rank	Name	Province	Club Name
1	Nathanael Li	British Columbia	Jeon Eui Taekwondo
2	Vincent Leung	British Columbia	Wu's Taekwondo School
3	Cameron Safarzadeh-Markhali	Ontario	Brampton Olympic Taekwondo
3	Andros Lam	British Columbia	Wu's Taekwondo School
5	Maverick Friesen	Saskatchewan	Velocity Taekwondo
6	Aryan Rahul	Ontario	Brampton Olympic Taekwondo
7	Emmett Hardenne	Saskatchewan	Swift Current Christian Taekwondo
8	Tyler Teav-Sekiya	Québec	M.T.L Taekwondo
9	William Parsons	Saskatchewan	Kees Taekwondo
10	Dalton Riffel	Saskatchewan	Kees Taekwondo
11	Alexandru Campeanu	Ontario	Dragon Taekwondo Academy



TAEKWONDO CANADA

INDIVIDUAL FEMALE: 7-5 GUP – BORN 2007-2009

Rank	Name	Province	Club Name
1	Sehvana Archer-Trumble	Québec	M.T.L Taekwondo
2	Isabelle Leroux	Manitoba	Tactical Taekwondo
3	Annabelle Chen	Ontario	Moohan Taekwondo
3	Jayda Walker	Ontario	Dragon Taekwondo Academy

INDIVIDUAL MALE: 7-5 GUP – BORN 2007-2009

Rank	Name	Province	Club Name
1	Rain Santos	Manitoba	Spirit 1 Taekwondo Academy
2	Mitchell Friesen	Saskatchewan	Velocity Taekwondo
3	Marcus Yeung	Ontario	Brampton Olympic Taekwondo
3	Kevin Asban	Manitoba	Spirit 1 Taekwondo Academy
5	Max Thompson	Newfoundland and Labrador	Earles Tae Kwon Do

INDIVIDUAL FEMALE: 7-5 GUP – BORN 2004-2006

Rank	Name	Province	Club Name
1	Katherine Koh	British Columbia	Jeon Eui Taekwondo

INDIVIDUAL MALE: 7-5 GUP – BORN 2004-2006

Rank	Name	Province	Club Name
1	Matthew Friesen	Saskatchewan	Velocity Taekwondo
2	Loïc Hipfner	Northwest Territories	T'idene Taekwondo Club
3	Byran Clinton	Northwest Territories	T'idene Taekwondo Club

INDIVIDUAL FEMALE: 7-5 GUP – BORN 1991-2003

Rank	Name	Province	Club Name
1	Ann Jenely Navarro	Manitoba	Spirit 1 Taekwondo Academy



TAEKWONDO CANADA

INDIVIDUAL FEMALE: 7-5 GUP – BORN 1971-1990

Rank	Name	Province	Club Name
1	Riskawati Asiatika	Alberta	Master Rim's Taekwondo
2	Margarita Agadzanjane	Ontario	Five Rings Taekwondo
3	Angie Friesen	Saskatchewan	Velocity Taekwondo
3	Kate van Essen	Ontario	Dragon Taekwondo Academy

INDIVIDUAL MALE: 7-5 GUP – BORN 1971-1990

Rank	Name	Province	Club Name
1	Ruben Agadzanjans	Ontario	Five Rings Taekwondo
2	Bartelt van Essen	Ontario	Dragon Taekwondo Academy

INDIVIDUAL FEMALE: 7-5 GUP – BORN <=1970

Rank	Name	Province	Club Name
1	Claudia Eastman	Ontario	Brampton Olympic Taekwondo

PAIRS: BLACK BELT – BORN 2010-2011

Rank	Name	Province	Club Name
1	Zachary Lee Austin Zhu	British Columbia	Jeon Eui Taekwondo

PAIRS: BLACK BELT – BORN 2007-2009

Rank	Name	Province	Club Name
1	Katrina Lee Nathan Kwok	British Columbia	Jeon Eui Taekwondo
2	Samantha Kalbfleisch Min San Jin	British Columbia	Cascadia Martial Arts
3	Carson Toonstra Casper Dong	Ontario	Five Rings Taekwondo
3	Ayanna Anderson Rowan Spitz	British Columbia	Cascadia Martial Arts



TAEKWONDO CANADA

PAIRS: BLACK BELT – BORN 2004-2006

Rank	Name	Province	Club Name
1	Sasha Austin Joseph Lu	British Columbia	Kees Taekwondo
2	Katelyn Wu Nathan Berton	Ontario	Five Rings Taekwondo
3	Brodin Urquhart Brooklyn Urquhart	British Columbia	Cascadia Martial Arts

PAIRS: BLACK BELT – BORN 1991-2003

Rank	Name	Province	Club Name
1	Hailey Morris Shelbi-Anne Arnold	British Columbia	Kees Taekwondo
2	Jaden Hanna Cecilia Lu	British Columbia	Kees Taekwondo

PAIRS: BLACK BELT – BORN 1971-1990

Rank	Name	Province	Club Name
1	Jailyn Corbin Ariel Alfelor	Saskatchewan	Kees Taekwondo Yorkton

PAIRS: BLACK BELT – BORN <=1970

Rank	Name	Province	Club Name
1	Barbara Evans Monica Fraske Bornyk	Saskatchewan	Kees Taekwondo Yorkton



Random winner for the blue focus pad
from Dando Sports:

Aryan Rahul