



**2021 Online Canadian Recreational Poomsae
National Championships
Week 4 (March 6 & 7, 2021) Results**

**Championnat national canadien virtuel de pomsé
non-compétitif 2021
Semaine 4 (6 et 7 mars 2021)**

INDIVIDUAL FEMALE: BLACK BELT – BORN 2012-2013

Rank	Name	Province	Club Name
1	Kaylee Rances	Manitoba	Spirit 1 Taekwondo Academy

INDIVIDUAL MALE: BLACK BELT – BORN 2012-2013

Rank	Name	Province	Club Name
1	Minno Lee	Québec	M.T.L Taekwondo
2	Jacob Caluag	Ontario	Five Rings TaeKwonDo
3	Archer Bassi	British Columbia	Canwest Taekwondo Academy

INDIVIDUAL FEMALE: BLACK BELT – BORN 2010-2011

Rank	Name	Province	Club Name
1	Ria Victoria Kim	British Columbia	SC Kim's Taekwondo
2	Riley Dwyer	Ontario	Dragon Taekwondo Academy
3	Kate Kearney	Ontario	Dragon Taekwondo Academy
3	Michaela Lau	Ontario	Myung's Taekwondo Academy Richmond Hill
5	Madeleine Jagdeo	Ontario	Dragon Taekwondo Academy
6	Jacquelyn Fougere	Manitoba	Tactical Taekwondo
7	Maria Golubovskaya	Ontario	Myung's Taekwondo Academy Thornhill
8	Estelle Lam	Manitoba	Tactical Taekwondo

INDIVIDUAL MALE: BLACK BELT – BORN 2010-2011

Rank	Name	Province	Club Name
1	Dingcheng Ruan	Ontario	Five Rings TaeKwonDo
2	Aiden James Claudio Urfano	Ontario	Myung's Taekwondo Academy Richmond Hill
3	Raseem Halabi	Ontario	Dragon Taekwondo Academy
3	Atlas Webber	Alberta	Master Rim's Taekwondo Red Deer



TAEKWONDO CANADA

INDIVIDUAL FEMALE: BLACK BELT – BORN 2007-2009

Rank	Name	Province	Club Name
1	Nicole Leung	Ontario	Myung's Taekwondo Academy Richmond Hill
2	Kaelan-Morganne Lor	Ontario	Myung's Taekwondo Academy Richmond Hill
3	Sophia Thoveson	Alberta	Master Rim's Taekwondo
3	Samantha Mah	Alberta	Master Rim's Taekwondo
5	Victoria Wood	Alberta	Bowman's Taekwondo
6	Alexa Cormier	Ontario	Kick Nation Taekwondo
7	Jasmine Reine de Luna	Manitoba	Spirit 1 Taekwondo Academy
8	Alya Hamdar	Ontario	Tiger Kicks Martial Arts
9	Callie Ebner	Saskatchewan	Swift Current Christian Taekwondo
10	Rowan Spitz	British Columbia	Cascadia Martial Arts
11	Ayanna Anderson	British Columbia	Cascadia Martial Arts
12	Samantha Kalbfleisch	British Columbia	Cascadia Martial Arts
13	Danielle Easthom	British Columbia	Cascadia Martial Arts
14	Victoria Borgo	Ontario	Tri Star Taekwondo
15	Kavelle Oake	Manitoba	Tactical Taekwondo
16	Janina Sombrito	Ontario	Dragon Taekwondo Academy

INDIVIDUAL MALE: BLACK BELT – BORN 2007-2009

Rank	Name	Province	Club Name
1	Nathan Kwok	British Columbia	Jeon Eui Taekwondo
2	Casper Dong	Ontario	Five Rings TaeKwonDo
3	Raphael Cheung	British Columbia	Wu's Taekwondo School
3	Min San Jin	British Columbia	Cascadia Martial Arts
5	Marcus Lau	Ontario	Myung's Taekwondo Academy Richmond Hill
6	Carson Toonstra	Ontario	Five Rings TaeKwonDo
7	Joshua O'Toole	Ontario	Champs Academy
8	Garrett Raymont	British Columbia	Cascadia Martial Arts
9	Richard Angelo Vidallo	Manitoba	Spirit 1 Taekwondo Academy
10	Yogesh Santhanakrishnan	Ontario	Five Rings TaeKwonDo
11	Rand Peter	Ontario	Dragon Taekwondo Academy
12	Marshall Cheng	Ontario	Dragon Taekwondo Academy
13	Gareth Ireland	Ontario	Dragon Taekwondo Academy
14	Joshua Kearney	Ontario	Dragon Taekwondo Academy
15	Dalton Parsons	Newfoundland and Labrador	Earles Tae Kwon Do
16	Akira Nunez	Alberta	Tiger Taekwondo Edmonton



TAEKWONDO CANADA

INDIVIDUAL FEMALE: BLACK BELT – BORN 2004-2006

Rank	Name	Province	Club Name
1	Agnes Ka Hei Kung	Ontario	Myung's Taekwondo Academy Richmond Hill
2	Brooklyn Hir	Saskatchewan	Velocity Taekwondo
3	Ky Tran	Ontario	Myung's Taekwondo Academy Richmond Hill
3	Victoria Ko	British Columbia	SC Kim's Taekwondo
5	Katelyn Wu	Ontario	Five Rings TaeKwonDo
6	Zi Ye	Québec	Haoran Martial Arts
7	Krystal Angel Magno	Ontario	Myung's Taekwondo Academy Richmond Hill
8	Jia Xin Clara Chen	British Columbia	Jeon Eui Taekwondo
9	Kayley D'Onofrio	Alberta	Master Rim's Taekwondo
10	Isabella Durante	British Columbia	Kees Taekwondo
11	Grace Campbell	Alberta	Master Rim's Taekwondo
12	Catriona Hartung	Ontario	Tiger Kicks Martial Arts
13	Makena Cormier	Ontario	Kick Nation Taekwondo
14	Angelina Lam	Ontario	Tiger Kicks Martial Arts
15	Jordan Snare	Manitoba	Tactical Taekwondo
16	Hannah Rances	Manitoba	Spirit 1 Taekwondo Academy
17	Calli Davidson	British Columbia	Kees Taekwondo
18	Kassandra Vail	Nova Scotia	Mansfields Martial Arts
19	Hanein Bahnous	Ontario	Black Belt World

INDIVIDUAL MALE: BLACK BELT – BORN 2004-2006

Rank	Name	Province	Club Name
1	Nathan Lor	Ontario	Myung's Taekwondo Academy Richmond Hill
2	Nicholas Ma	British Columbia	Wu's Taekwondo School
3	Matthew Yan	Ontario	Tiger Kicks Martial Arts
3	Mark Shields	Saskatchewan	Shaunavon Taekwondo
5	Brenton Mah	Alberta	Master Rim's Taekwondo
6	David Hernandez	Alberta	Master Rim's Taekwondo
7	Logan Ebner	Saskatchewan	Swift Current Christian Taekwondo
8	Emilio Amilpa-Cordoba	Ontario	Dragon Taekwondo Academy
9	Ethan McLean	Ontario	Sport TKD
10	Jacob Linthorne	Newfoundland and Labrador	Earles Tae Kwon Do
11	Decland Parsons	Newfoundland and Labrador	Earles Tae Kwon Do
12	Max Godel	Ontario	Tiger Kicks Martial Arts



TAEKWONDO CANADA

INDIVIDUAL FEMALE: BLACK BELT – BORN 1991-2003

Rank	Name	Province	Club Name
1	Anna Li	Ontario	Myung's Taekwondo Richmond Hill
2	Chloe Lee	Alberta	Calgary Taekwondo Academy
3	Nicole Bajao	Manitoba	Spirit 1 Taekwondo Academy
3	Hailey Morris	British Columbia	Kees Taekwondo
5	Bryseia Konkin	British Columbia	Kees Taekwondo
6	Sydney Cummings	Alberta	Master Rim's Taekwondo
7	Alecs Barzaga	Manitoba	Spirit 1 Taekwondo Academy
8	Melissa Greenbird	Ontario	Sarnia Olympic Taekwondo
9	Elisabeth Fust	Manitoba	Spirit 1 Taekwondo Academy
10	Freya Zhu	British Columbia	SC Kim's Taekwondo
11	Simran Macwan	Ontario	Sagar Taekwondo Club

INDIVIDUAL MALE: BLACK BELT – BORN 1991-2003

Rank	Name	Province	Club Name
1	Junsun You	Alberta	Black Belt Jung's Taekwondo
2	Hosoo Lee	Ontario	Black Belt World Toronto
3	Andrew Fraser	Saskatchewan	Kim's East Zone Taekwondo
3	Tristan Kalamaras	British Columbia	World Martial Arts

INDIVIDUAL FEMALE: BLACK BELT – BORN 1971-1990

Rank	Name	Province	Club Name
1	Carmen Lee	Ontario	Myung's Taekwondo Academy Richmond Hill
2	Michela Comeau	New Brunswick	Neguac TaeKwonDo
3	Bethany Campbell	Ontario	Capital Taekwondo Martial Arts Academy
3	Adrienne Lindblad	Alberta	Master Rim's Taekwondo
5	Leanne Ebner	Saskatchewan	Swift Current Christian Taekwondo
6	Jailyn Corbin	Saskatchewan	Kees Taekwondo Yorkton
7	Carrie Voysey	Saskatchewan	Swift Current Christian Taekwondo
8	Jooyeon Park	British Columbia	SC Kim's Taekwondo
9	Chyryl Rances	Manitoba	Spirit 1 Taekwondo Academy



TAEKWONDO CANADA

INDIVIDUAL MALE: BLACK BELT – BORN 1971-1990

Rank	Name	Province	Club Name
1	Jerome Walker	Ontario	Dragon Taekwondo Academy Oakville
2	Shakeel Chaudhry	Ontario	Dragon Taekwondo Academy
3	Ariel Alfelor	Saskatchewan	Kees Taekwondo Yorkton
3	Allan Campbell	Alberta	Master Rim's Taekwondo
5	Philip Leal	British Columbia	K Martial Arts Centre
6	Joey Garcia	Saskatchewan	Kees Taekwondo Yorkton
7	Rick Thibodeau	Ontario	KT Tae Kwon Do
8	Brad Armstrong	Ontario	Phoenix Performance Center
9	Stephen Ebner	Saskatchewan	Swift Current Christian Taekwondo
10	James Cartwright	British Columbia	Cascadia Martial Arts Parksville
11	Alan Prodonick	Ontario	Blue Wave Taekwondo
12	Suhan Kwon	Ontario	Canadian Armed Forces Taekwondo Association
13	John Kim	Ontario	Canadian Armed Forces Taekwondo Association
14	Perry Takhar	British Columbia	World Taekwondo Academy
15	Andrey Golubovskiy	Ontario	Myung's Taekwondo Academy Thornhill

INDIVIDUAL FEMALE: BLACK BELT – BORN <=1970

Rank	Name	Province	Club Name
1	Barbara Evans	Saskatchewan	Kees Taekwondo Yorkton
2	Linda Touzin	Ontario	Blue Wave Taekwondo
3	Monica Fraske-Bornyk	Saskatchewan	Kees Taekwondo Yorkton
3	Irene Zadnik	Saskatchewan	Yom Chi Taekwondo Academy

INDIVIDUAL MALE: BLACK BELT – BORN <=1970

Rank	Name	Province	Club Name
1	Gilles Savoie	New Brunswick	École Gilles R. Savoie Taekwondo (Club de Maria Québec)
2	Gary Savoie	New Brunswick	Neguac TaeKwonDo
3	Marcelo Sarkis	Ontario	Blue Wave Taekwondo
3	Garry Bateman	Saskatchewan	Kees Taekwondo Yorkton
5	Gary Voysey	Saskatchewan	Swift Current Christian Taekwondo
6	Rodney D'Abramo	Yukon Territory	Tiger Taekwondo Yukon
7	Lionel Bernier	Manitoba	Spirit 1 Taekwondo Academy
8	Victor Surjik	Saskatchewan	Kees Taekwondo Yorkton
9	Robert Houben	British Columbia	SC Kim's Taekwondo



TAEKWONDO CANADA

PAIRS: 7-5 GUP – BORN 2014+			
Rank	Name	Province	Club Name
1	Thomas Lai Maximus Yuen	British Columbia	Jeon Eui Taekwondo

PAIRS: 7-5 GUP – BORN 2007-2009			
Rank	Name	Province	Club Name
1	Bayan Esshadeh Alaa Esshadeh	Ontario	Blue Wave Taekwondo

PAIRS: 7-5 GUP – BORN 1971-1990			
Rank	Name	Province	Club Name
1	Margarita Agadzanjane Ruben Agadzanjans	Ontario	Five Rings TaeKwonDo



Random winner for the black focus pad
from Dando Sports:

Victoria Ko