



ONE TAEKWONDO

POOMSAE CHAMPIONSHIPS INTERNATIONAL



Certificate of Award

Proudly Presented To:

Ian Long

Traditional Poomsae - Junior (15-17)

SILVER - Courage Martial Arts Taekwondo

*For your outstanding performance as a competitor in the
2021 ONE TAEKWONDO POOMSAE CHAMPIONSHIPS
INTERNATIONAL.*

June 19, 2021



*Master Danrey Velo
Tournament Director
World Martial Sports*