

JUDGES, MY NAME IS (FIRST AND LAST NAME).
I REPRESENT WEST COAST FREMONT.
MY HEAD INSTRUCTOR IS
KWAN JANG NIM RICHARD.

West Coast Sparring Form or
Palgae 2 or
MY FORM IS ___ Palgae 7 .

JUDGES WITH YOUR PERMISSION, MAY I PLEASE
BEGIN? THANK YOU JUDGES!