

4A 凌卓楠

榮獲多項跆拳道獎項：

義禮跆拳道會

品勢套拳 冠軍

搏擊對戰 季軍

香港跆拳道黑帶及品段-公開賽

搏擊 季軍





태권도
義禮跆拳道會

Champion

We are proud to present this award to

Ling Cheuk Nam

凌卓楠

香港進和跆拳道會

for outstanding accomplishments and sportsmanship in

**HONG KONG ELITE SPIRIT
TAEKWONDO CHAMPIONSHIPS 2022**

品勢套拳 - Patterns / Poomsae

Presented on December 11 & 18, 2022

Gary Hui
Director and Chief Master Instructor
Hong Kong Elite Spirit Taekwondo Club



태권도
義禮跆拳道會

2nd Runner up

We are proud to present this award to
Ling Cheuk Nam

凌卓楠

香港進和跆拳道會

for outstanding accomplishments and sportsmanship in

**HONG KONG ELITE SPIRIT
TAEKWONDO CHAMPIONSHIPS 2022**

搏擊對戰 - Sparring / Kyorugi

Presented on December 11 & 18, 2022

Gary Hui
Director and Chief Master Instructor
Hong Kong Elite Spirit Taekwondo Club



2023

香港跆拳道黑帶及品段 — 公開賽 —

主辦單位：中國香港跆拳道總會

協辦單位：香港跆拳道超級聯賽

進和跆拳道會

凌卓楠

搏擊

季軍

楊英君

楊英君主席

二零二三年一月一日

