

**18-19 JUN, 2026**

**GOLD COAST**

**AUSTRALIA**

**G3**

**WT**  
**Oceania**  
**President's Cup**

 **POOMSAE**

 **PARA POOMSAE**

**Dae do**  
INTERNATIONAL

 **WORLD**  
**TAEKWONDO**

 **OTU**  
Oceania Taekwondo Union

**FIGHT HQ**

**EXPERIENCE GOLDCOAST.™**

# 1. WELCOME

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Dear International Taekwondo Family and Friends,

It is with great pride and honour that we invite you and your team to participate in a landmark series of events in 2026, including the Oceania Taekwondo Championships Poomsae & Para(G4), alongside the President's Cup, Oceania (G3) and the Australian Open Taekwondo Championships (G2), to be held on the Gold Coast, Queensland, Australia.

These championships will showcase competition across Kyorugi, Para Kyorugi, as well as multiple Poomsae and Para Poomsae divisions, bringing together athletes, coaches, referees, and officials from across Australia and the international taekwondo community for an outstanding multi-day event of competition and collaboration.

Over the years, Oceania has established itself as a trusted destination for international taekwondo, recognised for its professionalism, strong governance, and commitment to excellence. These events provide an important platform for athletes and teams to strengthen international engagement and prepare for upcoming continental and global competitions.

We encourage you to mark these significant events in your calendar and take advantage of the opportunity to compete at this esteemed series of championships. Our Organising Committee has been working diligently to deliver events of the highest calibre, and we are committed to making the 2026 edition the most successful to date.

We also wish to express our appreciation to our partners, stakeholders, and all those whose support and collaboration have contributed to the successful planning and delivery of these events.

Should you require any further information or assistance, please do not hesitate to contact our team.

Yours sincerely,



Mr Jean Kfoury  
President  
Australian Taekwondo



Mr Maher Magableh  
President  
Oceania Taekwondo Union

## Sponsors & Partners

We thank and acknowledge the sponsors and partners who are supporting this event.



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## 2. ORGANISATION

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PROMOTOR: Oceania Taekwondo Union  
ORGANISATION: Australian Taekwondo  
PRESIDENT: Mr. Maher Magableh  
CHIEF EXECUTIVE OFFICER: Mr. Josh O'Brien  
ADMINISTRATION: Mr Nic Kaiser  
EVENT MANAGEMENT:  
W. [www.austkd.com.au](http://www.austkd.com.au)

## 3. LOCATION

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LOCATION: Gold Coast Sports Precinct,  
Nerang Broadbeach Rd, Carrara 4211  
Queensland Australia  
DATE: 18-19 June 2026

## 4. ATHLETE ELIGIBILITY

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Participants must be members of their National Federation, affiliated to the WT. Each participant must be a holder of a Global Athlete Licence (GAL). GAL applications and renewals can only be made through the respective WT MNA and via the Simply Compete GMS. Applications must be made 2 months prior to these events to ensure the licence can be approved in time.

### Note:

Age Requirements:

RECOGNISED INDIVIDUAL	RECOGNISED PAIRS/TEAMS	FREESTYLE
Cadet - Born in 2012-2014 Junior - Born in 2009-2011 U30 - Born 1996-2008 U40 - Born 1986-1995 U50 - Born 1976-1985 U60 - Born 1966-1975 U65 - Born 1961-1965 O65 - Born 1960 and earlier	Cadet - Born in 2012-2014 Junior - Born in 2009-2011 U30 - Born 1996-2008 U50 - Born 1976-1995 U60 - Born 1966-1975 O60 - 1965 and earlier	U17 - Born 2009-2014 O17 - Born 2008 or earlier

## 5. COACH ELIGIBILITY

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- Coaching is only allowed in sportswear (no dobok).
- Coaches must wear closed-in shoes, sandals, crocs or slides will not be permitted
- All coaches must be 18 years or older.
- Coaches must hold a valid WT Coach License Level 1 Coach certification or higher.
- Holder of a valid WT Global Coach License.
- Member of the team/club of a pertinent Member National Association, recognised by the Oceania Taekwondo Union or World Taekwondo.

## 6. RULES

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**OVR SYSTEM:** Martial Events / Taekwondo Management System

**EVENT RULES:** The latest published World Taekwondo Poomsae Competition Rules & Interpretation shall be applied.

The WT Technical Delegate has the authority to adjust the contest time as they see fit

**ANTI-DOPING:** Athletes may be randomly selected to be tested.

**FIELD OF PLAY:** Athletes & Coaches ONLY in the Warm-Up Area & field of play.

**EQUIPMENT:** Athletes Wear Their Own WT APPROVED Dobok.

**FREESTYLE POOMSAE MUSIC:** Music must be provided on a USB at the Heat of Teams Meeting. Music must not contain lyrics or any political, social, or religious content that may harm, discriminate or offend others

**PROTEST:** Only the coaches will be permitted to lodge official protests via the CSB, a fee of USD\$200 will apply to each protest and will not be refunded in any situation.

**IDENTIFICATION:** All international competitors and visitors need to hold a valid passport with an expiry date no less than 6 months after the event. All other competitors and or visitors must hold either a passport as above or a valid national identification card.

**LIABILITY:** All competitors, officials and visitors participate at their own risk. The MNA, Australian Taekwondo, bears no responsibility for any damages, losses, injuries, or other circumstances due to (directly or indirectly) acts of terrorism, COVID-19, or other misfortune. All participants must be covered by their own medical insurance and/or travel insurance.

Those who are not recognized as adults (under aged) by law in their own country must supply a written consent together with valid identification, signed by their parents or legal guardians.

## 7. ENTRY FEES

### EARLY BIRD REGISTRATION

**Early Bird Registration closes on 1st May at 11:59 PM Sydney time (GMT+10)**

	Athlete	Coach
Early Bird Registration (Enter before 15 May 2026)	USD \$150.00	USD \$10.00
Extra Poomsae Event	USD \$70.00	

### REGULAR REGISTRATION

**Regular Registration Closes 8th June 2026, at 11:59 PM Sydney Time (GMT+10)**

	Athlete	Coach
Regular Registration (Closes 8th June, 2026)	USD \$175.00	USD \$20.00
Extra Poomsae Event	USD \$85.00	

ALL ENTRY FEES MUST BE PAID UPON REGISTRATION THROUGH  
THE WT GMS PAYMENT SYSTEM

VISA APPLICATION: Any person requiring a VISA letter must submit their request in writing by email to:

Mr Nic Kaiser

[nic.kaiser@austkd.com.au](mailto:nic.kaiser@austkd.com.au)

ONLINE REGISTRATION: All Entries Must Be Submitted Online Via the WT GMS

**[www.worldtkd.simplycompete.com/events](http://www.worldtkd.simplycompete.com/events)**

DATES: Dates for all Early Bird and Regular Registrations, are listed on the WT GMS Simply Compete website.

ACCREDITATIONS: Loss of Accreditations Will Incur a Reprinting Charge Of USD \$20

DIVISION CHANGES: Changes To Any Division After the Official Closing Date Will Incur a Fee Of USD\$50.

#### IMPORTANT NOTICE

Athletes who have registered via [www.worldtkd.simplycomete.com/events](http://www.worldtkd.simplycomete.com/events) and do not show up for the event, and/or have **not** been removed from the event list before the deadline, will pay the complete registration fee IN FULL.

ENTRY FEES ARE NOT REFUNDABLE AT ANY TIME AFTER THE  
REGISTRATION DEADLINE

**PAYMENT:** Payment must be completed and paid online by PayPal or Credit/Debit Card either at the same time as registration or within 3 days after.

There will be **NO ONSITE REGISTRATIONS** permitted.

\*If, for some reason, you cannot pay for your individual/team entry online by PayPal or Credit/Debit Card, please contact Australian Taekwondo ASAP

**Note:** an additional fee of USD\$25 per registration will be charged for any offline payments.

## 8. EVENTS

### RECOGNISED POOMSAE

- Single elimination tournament system. Two Poomsae will be performed for all rounds
- All Contestants shall perform two (2) assigned compulsory Poomsae in the preliminary and semi-final rounds and two (2) assigned compulsory Poomsae in the final round. All contestants will compete in the preliminary round. The highest 50% scores from the preliminary round will advance to the semi-finals. At the end of the semi-final round the highest eight (8) scoring contestants will advance to the final round. The highest score in four (4) contestants will be awarded medals (1st, 2nd, 3rd, 3rd) based on scores
- Divisions with fewer than 20 contestants will start with the semi-final round
- Divisions with fewer than 9 contestants will start with the final round
- Designated Poomsae forms will be drawn at the Poomsae Head of Team Meeting and posted online after the meeting.

### FREESTYLE POOMSAE

- Poomsae Freestyle: Cut-off system for all Freestyle categories (Single Final Round)
- Freestyle athletes need to submit a printout copy their performance plan using the Freestyle Poomsae Performance Plan Form on the day of registration ([download here](#))
- The OC may change this due to organisational matters. Scoring shall be made in accordance with the rules of World Taekwondo.

### Para Poomsae

Individual Division (8th Geup and above)	Compulsory Poomsae	
	Group 1	Group 2
Seniors (16 and older)	Taegeuk 3, 4, 5, 6, 7-jang	Taegeuk 8-jang, Koryo (9), Keumgang (10)*, Taebaek (11)

**\*Note: Poomsae Keumgang (10) shall be excluded from for P30 sport classes**

**Athletes may repeat the same Two (2) Poomsae in the subsequent rounds for all competitions.**

## POOMSAE EVENTS

Male Divisions (individual)	Female Divisions (individual)	Pairs (1 male & 1 female)	Teams (3 athletes of same gender)
Cadet Junior U30 U40 U50 U60 U65 065	Cadet Junior U30 U40 U50 U60 U65 065	Cadet Junior U30 U50 U60 060	Cadet Male Team Cadet Female Team Junior Male Team Junior Female Team U30 Male Team U30 Female Team U50 Male Team U50 Female Team U60 Male Team U60 Female Team O60 Male Team O60 Female Team

## PARA POOMSAE EVENTS

SPORT CLASSES		
	Men	Women
P21 (II1), P22 (II2), P23* (II3)	Senior	Senior
P31, P32, P33, P34, P35*	Senior	Senior
P51, P52, P53	Senior	Senior
P72	Senior	Senior

## 9. SEEDING

World Taekwondo Poomsae World Ranking Bylaw will be applied

Seeding will be done for Recognized Under 30, Recognized Under 40, and Over 17 Freestyle divisions.

Seeding for Para Taekwondo Poomsae will be based on the June 2026 World Para Taekwondo Poomsae Ranking (including all results and deductions until May 31, 2026)

All other poomsae divisions will not be seeded

## 10. TECHNICAL MEETING & DRAWING OF LOTS

The Technical Meeting will be held one (1) day prior to the start of the competition

Poomsae Draws/Brackets will be completed at the Heat of Team meeting and posted on the event website and AT social media accounts.

## 11. TROPHIES

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**TEAM TROPHY:** Team Awards will be presented to the 1st, 2nd and 3rd Place teams for Senior Kyorugi and WT Poomsae competition. An Overall Best Team trophy for 1st, 2nd and 3rd place teams will be presented at the end of the corresponding day. Team awards are calculated based on points accumulated by players representing clubs/ nations.

- 1st Place 9 points
- 2nd Place 6 points
- 3rd Place 3 points
- 4th Place 2 points

If there is a tie in overall team points, the number of gold medals will be considered.

## 12. INTERNATIONAL CLASSIFICATION

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Para Poomsae

Please Note: International Classification of all Para Poomsae (P20 P30 P50 P70 Sport Classes) athletes will take place on Wednesday, 17th June 2026 at the Southport Church of Christ - Address: 1 Griffith Way, Southport QLD 4215 from 9am.

All teams should prepare their travel for their athletes to be available for International Classification on these dates.

WT Para Taekwondo Department will publish the Classification time schedule after the deadline expires. The details on each sport class can be found in the WT Athlete Classification Rules on the WT website.

Medical Diagnostics Form through World Taekwondo Classification System (WTCS):

Medical Diagnostic Form must be submitted for any NEW (N) or REVIEW (R) athlete registered for the tournament. Deadline for uploading MDFs to the WTCS is on the registration deadline on June 8th. If no MDF has been submitted by this time the athlete will not be called for classification and cannot compete.

Following IPC Guidelines on data protection concerning athletes and personal classification information, World Taekwondo has in connection with IPC created the World Taekwondo Classification System (WTCS). World Taekwondo Classification System (WTCS) is the new WT online registration tool for MNAs to register their new athletes and add Medical Diagnostic Forms (MDF) and pictures to be seen by the UHC Assessors to determine if the new athlete is eligible for Para Taekwondo and has an Underlying Health Condition. All athletes in the WTCS will require a WT Licence Number (GAL).

In order to activate Member National Association user account information for the World Para Taekwondo Classification System (WTCS) please click on WTCS Account Request Form on the following on the following link: <https://db.ipc-services.org/wtcs/app/login> . Fill out and submit the MNA Account Request form to the Para Taekwondo

Department at [para-tkd@worldtaekwondo.org](mailto:para-tkd@worldtaekwondo.org). Username and password will then be sent to the communicated email address.

WTCS Account Policy – Each Member Federation must internally designate exactly one (1) primary user responsible for WTCS Account

## 13. TRANSPORT & ACCOMMODATION

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Round trip airfare of each participant and/or official shall be borne by each individual. Due to the large number of participants expected, the Organising Committee **WILL NOT BE** providing any ground transport to/from the airport or to/from the competition venue.

Accommodation charges for room and board of athletes and official teams shall be borne by each individual or team. The Organising Committee bears no financial responsibility.

Teams/athletes should not book flights for competition days. No allowances will be made for athletes to fight early if they have booked a flight on fight day. Athletes will need to withdraw if they need to leave a competition day early, and **No Refund** will be provided.

For information on suggested hotels, please see the back of this outline. The Organising Committee does not guarantee any advertised fees or charges by any hotels.

## 14. COMMUNICATION

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All official documents, including the entry pack, drawsheet and results will be published on the Event website. Any information published in any other location cannot be guaranteed as official.

Official documents will not be emailed directly to Coaches, but coaches will receive a direct email from AT when the documents are available on the website. This is to limit issues around email delivery with attachments, incorrect email addresses, and other issues.

During the competition, AT will use the event WhatsApp channel to communicate live updates such as court changes, changes to the schedule and other 'live' information. These updates will also be shared on AT social channels where appropriate.

These updates will not be shared on the AT website due to the number and frequency of updates.

## 15. INTERNATIONAL REFEREES

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Appointment of all International Referees will be made via the Organising Committee. The Organising Committee will provide a daily per diem of USD\$ 150, accommodation, board, and transport for each selected International Referee. Arrival/Departure, Check-In/Check-Out dates will be forwarded to each referee upon acceptance of the appointment.

**Any questions regarding International Referees transport, accommodations or other items must contact AT via Mr Nic Kaiser [nic.kaiser@austkd.com.au](mailto:nic.kaiser@austkd.com.au)**

## 16. VISA REQUIREMENTS

The Australian Department of Foreign Affairs advises that those participants requiring a Visa for entry into Australia should apply at least 1 month prior to arrival.

The visa invitation letter for each registered individual will be automatically generated from WT GMS platform if the visa is requested during the registration for the event. All members who need entry visa to Australia must be registered for the event in GMS. You must then use this letter to apply for your or your team member's visa.

## 17. SPECTATOR ADMISSION PRICING

**Credit or Debit Card Payment Only. Cash is not accepted.**

### 1 Day Pass

	Adult	Kids 12 & under	Student High School & Tertiary	Family 2 Adults + 2 Students	Seniors (60+)
Early Bird Online (Before 8th June)	\$ 25.00	Free	\$ 20.00	\$ 70.00	\$ 20.00
At The Door	\$ 30.00	Free	\$ 25.00	\$ 90.00	\$ 25.00

### 3 Day Pass

	Adult	Kids 12 & under	Student High School & Tertiary	Family 2 Adults + 2 Students	Seniors (60+)
Early Bird Online (Before 8th June)	\$ 50.00	Free	\$ 40.00	\$ 140.00	\$ 40.00
At The Door	\$ 60.00	Free	\$ 50.00	\$ 180.00	\$ 50.00

## 18. MISCELLANEOUS

**BROADCAST & MEDIA:** Due to sponsorship and media restrictions, **filming and broadcasting within the competition and warm up areas is strictly prohibited.**

Social media for commercial use is strictly prohibited without a press pass.

Content collected by participants and their families is permitted for personal use only.

**Spectators are not permitted in the competition and warm up areas and must remain within the designated spectator areas.**

**PRESS PASS:** Media Accreditation (**Press Pass**) is for representatives of official media outlets and MNAs, including journalists and photographers.

- Any MNA wishing to obtain a **Press Pass** must apply.

- Media outlets must apply for a [Press Pass](#) if they wish to cover the event.

[CLICK HERE TO APPLY FOR PRESS ACCREDITATION.](#)

**COMMERCIAL BUSINESS:** The conduct of commercial business is strictly prohibited within the arena with approval of the Organising Committee. The Organizing Committee reserves the right to remove any violators from the venue.

**PROMOTIONAL:** All participants inside the venue agree to be filmed and/or photographed at any time, all such footage can/will be used for promotional purposes on all our social media channels. The reuse of this footage without the event logos is strictly prohibited.

## 19. COMPETITION SCHEDULE

[This Schedule Is Subject To Change Without Any Notice.](#)

PLEASE NOTE ALL TIMES ARE BASED ON TIME ZONE (GMT +10)

TIME	EVENT	AREA
<b>Wednesday 17th June 2026</b>		
8:00AM-6:00PM	Accreditation Collection	Gold Coast Sports & Leisure Centre (Surfers Paradise Room)
9:00AM-6:00PM	Para Athlete Classification	Southport Church of Christ - Address: 1 Griffith Way, Southport QLD 4215
9:00AM-12:00PM	Daedo Seminar	Gold Coast Sports & Leisure Centre (Tallebudgera Room)
10:00AM-12:00PM	Weigh in Oceania Presidents Cup (G3) Senior Kyorugi Para Kyorugi	Gold Coast Sports & Leisure Centre (Female – Changeroom 3&4, Male - Hinterland Room)
2:00PM-3:30PM	Kyorugi Referee – Meeting and training	Gold Coast Sports & Leisure Centre (Tallebudgera Room)
4:00PM - 5:00PM	Head Of Teams Meeting – Kyorugi	Gold Coast Sports & Leisure Centre ( Tallebudgera Room)
6:00PM - 7:30PM	Kyorugi Referee – Meeting and training	Gold Coast Sports & Leisure Centre (on court)
<b>Thursday 18th June 2026</b>		
7:00AM	Publication of Random Weigh-In list	Australian Taekwondo Digital & Social Media Channels
8:00AM SHARP	Random Weigh-in Oceania Presidents Cup (G3) Senior Kyorugi Para Kyorugi	Gold Coast Sports & Leisure Centre (Female – Changeroom 3&4, Male - Hinterland Room)
8:00AM	Team Doctors Meeting	Gold Coast Sports & Leisure Centre (Tallebudgera Room)
8:00AM - 6:00PM	Accreditation Collection	Gold Coast Sports & Leisure Centre (Tallebudgera Room)

9:00AM	Competition Starts Oceania Presidents Cup (G3) Senior Kyorugi Para Kyorugi	Gold Coast Sports & Leisure Centre Hall 1
10:00AM – 12:00PM	Weigh-In Oceania Presidents Cup (G3) Junior Kyorugi Cadet Kyorugi	Gold Coast Sports & Leisure Centre (Female – Changeroom 3&4, Male - Hinterland Room)
1:00PM-2:00PM	Lunch	Gold Coast Sports & Leisure Centre
2:00PM	Competition restarts Oceania Presidents Cup (G3)	Gold Coast Sports & Leisure Centre Hall 1
4:00PM - 5:00PM	Head Of Teams Meeting – Poomsae	Gold Coast Sports & Leisure Centre (Tallebudgera room)
5:00PM - 6:00PM	Poomsae Referee – Meeting	Gold Coast Sports & Leisure Centre (Tallebudgera room)

<b>Friday 19th June 2026</b>		
7:00AM	Publication of Random Weigh-In list	Australian Taekwondo Digital & Social Media Channels
8:00AM SHARP	Random Weigh-In Oceania Presidents Cup (G3) Junior Kyorugi Cadet Kyorugi	Gold Coast Sports & Leisure Centre (Female – Changeroom 3&4, Male - Hinterland Room)
8:00AM- 6:00PM	Accreditation Collection	Gold Coast Sports & Leisure Centre (Tallebudgera Room)
9:00AM	Competition Starts Oceania Presidents Cup (G3) Junior Kyorugi Cadet Kyorugi Para Poomsae Poomsae	Gold Coast Sports & Leisure Centre, Hall 1B
10:00AM – 12:00PM	Weigh-In Australian Open (G2) Senior Kyorugi Para Kyorugi	Gold Coast Sports & Leisure Centre (Female – Changeroom 3&4, Male - Hinterland Room)
1:00PM-2:00PM	Lunch	Gold Coast Sports & Leisure Centre
2:00PM	Competition restarts	Gold Coast Sports & Leisure Centre, Hall 1A & 1B
<b>Saturday 20th June 2026</b>		
7:00AM	Publication of Random Weigh-In list	Australian Taekwondo Digital & Social Media Channels
8:00AM SHARP	Random Weigh-in Australian Open (G2) Senior Kyorugi Para Kyorugi	Gold Coast Sports & Leisure Centre (Female – Changeroom 3&4, Male - Hinterland Room)
8:00AM-6:00PM	Accreditation collection	Gold Coast Sports & Leisure Centre (Tallebudgera Room)
9:00AM	Competition Starts Australian Open (G2) Senior Kyorugi Para Kyorugi Poomsae Para Poomsae	Gold Coast Sports & Leisure Centre Hall 1

10:00AM–12:00PM	Weigh-In Australian Open (G2) Junior Kyorugi Cadet Kyorugi	Gold Coast Sports & Leisure Centre (Female – Changeroom 3&4, Male - Hinterland Room)
1:00PM- 2:00PM	Lunch	Gold Coast Sports & Leisure Centre
2:00PM	Competition restarts	Gold Coast Sports & Leisure Centre, Hall 1A & 1B
<b>Sunday 21st June 2026</b>		
7:00AM	Publication of Random Weigh-In list	Australian Taekwondo Digital & Social Media Channels
8:00AM SHARP	Random Weigh-In Australian Open (G2) Junior Kyorugi Australian Open (G2) Cadet Kyorugi Oceania Championships (G4) Para Kyorugi	Gold Coast Sports & Leisure Centre (Female – Changeroom 3&4, Male - Hinterland Room)
9:00AM	Competition Starts Australian Open (G2) Junior Kyorugi Cadet Kyorugi	Gold Coast Sports & Leisure Centre, Hall 1B
1:00PM- 2:00PM	Lunch	Gold Coast Sports & Leisure Centre
2:00PM	Competition restarts Australian Open (G2) Junior Kyorugi Cadet Kyorugi	Gold Coast Sports & Leisure Centre, Hall 1A & 1B
2:00PM	Competition Starts, Oceania Championships (G4) Para Poomsae Poomsae Para Kyorugi	Gold Coast Sports & Leisure Centre, Hall 1A & 1B

## 20. HOTEL RECOMMENDATIONS

### HOTEL FOR OFFICIALS & REFEREES

Woodroffe Southport hotel	<a href="#">CLICK HERE TO VIEW</a>
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### RECOMMENDED HOTELS FOR ATHLETES & TEAMS

Mercure Gold Coast Resort	<a href="#">CLICK HERE TO VIEW</a>
IHG Hotels	<a href="#">CLICK HERE TO VIEW</a>
Quest Apartments Robina	<a href="#">CLICK HERE TO VIEW</a>
NRMA Hotels & Resorts - Gold Coast	<a href="#">CLICK HERE TO VIEW</a>

## 21. THINGS TO SEE & DO



**Queensland is the ultimate holiday destination and a must for any visitor to Australia.**

The Sunshine State is known for its golden beaches, tropical islands, tranquil rainforests, vibrant cities, and the true Australian outback. The region offers an abundance of diverse experiences no matter what your interest. Whether relaxing on the beach, exploring hidden rainforests or snorkelling on the Great Barrier Reef, your time in Queensland will be unforgettable.

EXPERIENCE QUEENSLAND	
Visit Dreamworld	<a href="#">CLICK HERE TO VIEW</a>
Visit The Gold Coast (Host Region)	<a href="#">CLICK HERE TO VIEW</a>
Visit Brisbane	<a href="#">CLICK HERE TO VIEW</a>
Visit The Sunshine Coast	<a href="#">CLICK HERE TO VIEW</a>

## 22. CONNECT WITH AUSTKD

Digital & Social Media	
Australian Taekwondo Website	<a href="http://WWW.AUSTKD.COM.AU">WWW.AUSTKD.COM.AU</a>
Facebook	<a href="#">FOLLOW HERE</a>
Instagram	<a href="#">FOLLOW HERE</a>
YouTube (Livestream)	<a href="#">FOLLOW HERE</a>
TikTok	<a href="#">FOLLOW HERE</a>
LinkedIn	<a href="#">FOLLOW HERE</a>