

TRADITIONAL CLASS POOMSAE INFORMATION

Individual Event: athletes will be separated into the following age groups:

(5 and under, 6 - 7, 8 - 9, 10 - 11, 12 - 14, 15 - 17, 18 - 30, 31 - 40, 41 - 50, 51 - 60, 61 - 65, 66 over)

Divisions	Colored belts must choose one of the compulsory Poomsae for their belt level.
White (9th Geup)	H-form, Basic one or Special forms
Yellow belt (7th & 8th Geup) All ages	Taegeuk 1 or 2 Jang
Green belt (5th & 6th Geup) All ages	Taegeuk 3 or 4 Jang
Blue belt (3rd & 4th Geup) All ages	Taegeuk 5 or 6 Jang
Red belt (1st & 2nd Geup) All ages	Taegeuk 7 or 8 Jang
1 st Degree Black	Koryo
2 nd Degree Black	KeumGang
3 rd Degree Black	TaeBaek
4 th Degree Black and up	PyunWon or ShipJin or JiTae or Chunkwon

Pairs Event: All levels no age and gender restriction. Matches will be according to your level and poomsae performed.

Level	Choose one of the Poomsae assigned to your Level of expertise.
Novice	TaeKeuk 1, 2, 3, or 4 Jang (may wear any colored belt)
Advanced	TaeKeuk 5, 6, 7, or 8 Jang (may wear any colored belt)
Black Belt	Koryo, KeumGang, TaeBaek, PyungWon, ShipJin, JiTae, or Chunkwon

Team Event: All levels no age and gender restriction. Matches will be according to your level and poomsae performed.

Level	Choose one of the Poomsae assigned to your Level of expertise.
Novice	TaeKeuk 1, 2, 3, or 4 Jang (may wear any colored belt)
Advanced	TaeKeuk 5, 6, 7, or 8 Jang (may wear any colored belt)
Black Belt	Koryo, KeumGang, TaeBaek, PyungWon, ShipJin, JiTae, or Chunkwon

SPORTS POOMSAE CLASS DESIGNATED POOMSAE LIST

Individual Event: Blackbelt

Age	Preliminary	Semi-Final	Final
6-7	Taegeuk 5 Jang	Taegeuk 6 Jang	Taegeuk 6 & 4 Jang
Tiger 8 – 9	Taegeuk 4 Jang	Taegeuk 6 Jang	Taegeuk 5 & 4 Jang
Youth 10 – 11	Taegeuk 6 Jang	Koryo	Taegeuk 6 Jang & Koryo
Cadet 12 – 14	Taegeuk 7 Jang	Kumgang	Taegeuk 8 Jang & Koryo
Junior 15 – 17	Koryo	Keumgang	Keumgang & Taebaek
Senior 18 – 30	Taegeuk 8 Jang	Koryo	Taebaek & Koryo
Under 40	Taebaek	Taegeuk 8 Jang	Keumgang & Taebaek
Under 50	Pyungwon	Keumgang	Koryo & Pyungwon
Under 60	Shipjin	Jitae	Jitae & Shipjin
Under 65	Jitae	Chunkwon	Chunkwon & Hansoo
Over 65	Jitae	Chunkwon	Shipjin & Hansoo

Pair Event: Blackbelt

Age	Preliminary	Semi-Final	Final
Age	Preliminary	Semi-Final	Final
12-14 Cadet	Taegeuk 7 Jang	Taegeuk 6 Jang	Taegeuk 8 & Koryo
15-17 Junior	Taegeuk 8 Jang	Keumgang	Keumgang & Taegeuk 8
18-30 Under 30	Taegeuk 6 Jang	Koryo	Taebaek & Koryo
31+ Over	Koryo	Taebaek	Jitae & Shipjin

Team Event: Blackbelt

Age	Preliminary	Semi-Final	Final
Age	Preliminary	Semi-Final	Final
12-14 Cadet	Taegeuk 5 Jang	Taegeuk 6 Jang	Koryo & Taegeuk 6
15-17 Junior	Taegeuk 7 Jang	Koryo	Keumgang & Koryo
18-30 Under 30	Kumgang	Taegeuk 7 Jang	Taebaek & Kumgang
31+ Over	Koryo	Shipjin	Pyongwon & Chunkwon