

2025 Team Trials Designated Poomsae

Individual

Cadet	Qualification Round		Selection Round						
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7
Women	Taegeuk 5	Taegeuk 8	Taegeuk 5	Taegeuk 8	Keumgang	Taegeuk 6	Taegeuk 7	Taegeuk 4	Koryo
Men	Keumgang	Taegeuk 4	Taegeuk 7	Koryo	Taegeuk 5	Taegeuk 8	Keumgang	Taegeuk 6	Taegeuk 4

Junior	Qualification Round		Selection Round							
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7	Poomsae 8
Women	Taegeuk 6	Taebak	Taegeuk 7	Koryo	Pyongwon	Taegeuk 6	Taegeuk 8	Taebak	Keumgang	Taegeuk 5
Men	Pyongwon	Taegeuk 5	Taegeuk 8	Taegeuk 6	Keumgang	Taegeuk 5	Koryo	Taegeuk 7	Pyongwon	Taebak

Under 30	Qualification Round		Selection Round							
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7	Poomsae 8
Women	Taegeuk 7	Koryo	Shipjin	Taegeuk 8	Jitae	Taegeuk 7	Keumgang	Taebak	Pyongwon	Koryo
Men	Jitae	Shipjin	Taegeuk 8	Keumgang	Shipjin	Pyongwon	Taegeuk 7	Jitae	Koryo	Taebak

Under 40	Qualification Round		Selection Round							
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7	Poomsae 8
Women	Koryo	Shipjin	Koryo	Taegeuk 7	Shipjin	Pyongwon	Taegeuk 8	Taebak	Jitae	Keumgang
Men	Keumgang	Taegeuk 8	Pyongwon	Taebak	Koryo	Shipjin	Jitae	Taegeuk 8	Keumgang	Taegeuk 7

Under 50	Qualification Round		Selection Round							
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7	Poomsae 8
Women	Jitae	Taebak	Jitae	Koryo	Pyongwon	Chonkwon	Keumgang	Taegeuk 8	Shipjin	Taebak
Men	Pyongwon	Taegeuk 8	Chonkwon	Keumgang	Jitae	Taebak	Shipjin	Pyongwon	Taegeuk 8	Koryo

Under 60	Qualification Round		Selection Round							
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7	Poomsae 8
Women	Koryo	Shipjin	Hansu	Koryo	Taebak	Pyongwon	Jitae	Shipjin	Keumgang	Chonkwon
Men	Hansu	Chonkwon	Shipjin	Jitae	Koryo	Chonkwon	Keumgang	Pyongwon	Hansu	Taebak

Under 65	Qualification Round		Selection Round							
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7	Poomsae 8
Women	Jitae	Taebak	Koryo	Jitae	Taebak	Shipjin	Chonkwon	Keumgang	Pyongwon	Hansu
Men	Pyongwon	Keumgang	Taebak	Chonkwon	Shipjin	Keumgang	Pyongwon	Hansu	Koryo	Jitae

Over 65	Qualification Round		Selection Round							
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7	Poomsae 8
Women	Taebak	Hansu	Jitae	Koryo	Hansu	Pyongwon	Chonkwon	Keumgang	Shipjin	Taebak
Men	Keumgang	Pyongwon	Pyongwon	Shipjin	Chonkwon	Taebak	Hansu	Koryo	Jitae	Keumgang



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Team

Cadet	Qualification Round		Selection Round						
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7
Women	Taegeuk 5	Keumgang	Taegeuk 7	Taegeuk 5	Keumgang	Taegeuk 4	Taegeuk 8	Koryo	Taegeuk 6
Men	Taegeuk 6	Taegeuk 7	Taegeuk 4	Koryo	Taegeuk 6	Taegeuk 8	Taegeuk 7	Taegeuk 5	Keumgang

Junior	Qualification Round		Selection Round							
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7	Poomsae 8
Women	Taebak	Taegeuk 8	Koryo	Taebak	Taegeuk 8	Taegeuk 4	Taegeuk 7	Keumgang	Taegeuk 5	Taegeuk 6
Men	Taegeuk 4	Koryo	Taegeuk 5	Keumgang	Taegeuk 6	Taegeuk 8	Taebak	Taegeuk 4	Koryo	Taegeuk 7

Under 30	Qualification Round		Selection Round							
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7	Poomsae 8
Women	Shipjin	Taegeuk 7	Taegeuk 6	Pyongwon	Taegeuk 7	Taebak	Shipjin	Keumgang	Koryo	Taegeuk 8
Men	Pyongwon	Taegeuk 6	Keumgang	Taebak	Pyongwon	Taegeuk 6	Koryo	Taegeuk 8	Taegeuk 7	Shipjin

Under 50	Qualification Round		Selection Round							
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7	Poomsae 8
Women	Chonkwon	Taebak	Taegeuk 8	Keumgang	Koryo	Shipjin	Chonkwon	Pyongwon	Jitae	Taebak
Men	Jitae	Taegeuk 8	Pyongwon	Taebak	Keumgang	Taegeuk 8	Koryo	Shipjin	Chonkwon	Jitae

Under 60	Qualification Round		Selection Round							
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7	Poomsae 8
Women	Koryo	Jitae	Keumgang	Koryo	Pyongwon	Jitae	Hansu	Chonkwon	Taebak	Shipjin
Men	Pyongwon	Taebak	Pyongwon	Hansu	Chonkwon	Keumgang	Shipjin	Taebak	Jitae	Koryo

Over 60	Qualification Round		Selection Round							
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7	Poomsae 8
Women	Shipjin	Chonkwon	Keumgang	Pyongwon	Jitae	Taebak	Koryo	Shipjin	Chonkwon	Hansu
Men	Keumgang	Hansu	Koryo	Taebak	Chonkwon	Shipjin	Jitae	Hansu	Keumgang	Pyongwon

2025 Team Trials Designated Poomsae

Pairs

Mixed Pair	Qualification Round		Selection Round						
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7
Cadet	Taegeuk 4	Koryo	Taegeuk 5	Taegeuk 7	Koryo	Taegeuk 4	Keumgang	Taegeuk 8	Taegeuk 6

Mixed Pair	Qualification Round		Selection Round							
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7	Poomsae 8
Junior	Taegeuk 5	Taebak	Taegeuk 8	Koryo	Taegeuk 6	Keumgang	Taegeuk 7	Taegeuk 4	Taebak	Taegeuk 5

Mixed Pair	Qualification Round		Selection Round							
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7	Poomsae 8
Under 30	Pyongwon	Keumgang	Taebak	Taegeuk 7	Keumgang	Taegeuk 8	Pyongwon	Shipjin	Koryo	Taegeuk 6

Mixed Pair	Qualification Round		Selection Round							
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7	Poomsae 8
Under 50	Koryo	Shipjin	Koryo	Taebak	Chonkwon	Shipjin	Jitae	Taegeuk 8	Pyongwon	Keumgang

Mixed Pair	Qualification Round		Selection Round							
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7	Poomsae 8
Under 60	Jitae	Taebak	Chonkwon	Koryo	Taebak	Pyongwon	Hansu	Keumgang	Shipjin	Jitae

Mixed Pair	Qualification Round		Selection Round							
	Poomsae 1	Poomsae 2	Poomsae 1	Poomsae 2	Poomsae 3	Poomsae 4	Poomsae 5	Poomsae 6	Poomsae 7	Poomsae 8
Over 60	Hansu	Chonkwon	Taebak	Hansu	Chonkwon	Jitae	Keumgang	Shipjin	Pyongwon	Koryo

