

COMPULSORY POOMSAE – BLACK BELTS

INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
DRAGON	TAEGEUK 2, 3, 4, 5, 6, 7, 8 JANG, KORYO
TIGER	
YOUTH	
CADET	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK
JUNIOR	TAEGEUK 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON
UNDER 30	TAEGEUK 7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE
UNDER 40	
UNDER 50	TAEGEUK 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON
UNDER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU
UNDER 65	
OVER 65	
OVER 70	
PAIRS DIVISIONS	COMPULSORY POOMSAE
CADET	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG
JUNIOR	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK
UNDER 30	TAEGEUK 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN
UNDER 50	TAEGEUK 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON
UNDER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU
OVER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU

TEAMS DIVISIONS	COMPULSORY POOMSAE
CADET	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG
JUNIOR	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK
UNDER 30	TAEGEUK 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN
UNDER 50	TAEGEUK 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON
UNDER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU
OVER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU
COMPULSORY POOMSAE – COLOR BELTS	
DIVISION	COMPULSORY POOMSAE
YELLOW BELT	TAEGEUK 1, 2 JANG
GREEN BELT	TAEGEUK 1, 2, 3, 4 JANG
BLUE BELT	TAEGEUK 3, 4, 5, 6, JANG
RED BELT	TAEGEUK 4, 5, 6, 7, 8 JANG