



## USATKD POOMSAE DIVISIONS

### INDIVIDUAL POOMSAE DIVISIONS

| AGE CLASS | AGE DIVISION    | BELT COLOR |
|-----------|-----------------|------------|
| DRAGON    | 6-7 YEARS OLD   | ALL BELTS  |
| TIGER     | 8-9 YEARS OLD   | ALL BELTS  |
| YOUTH     | 10-11 YEARS OLD | ALL BELTS  |
| CADET     | 12-14 YEARS OLD | ALL BELTS  |
| JUNIOR    | 15-17 YEARS OLD | ALL BELTS  |
| UNDER 30  | 18-30 YEARS OLD | ALL BELTS  |
| UNDER 40  | 31-40 YEARS OLD | ALL BELTS  |
| UNDER 50  | 41-50 YEARS OLD | ALL BELTS  |
| UNDER 60  | 51-60 YEARS OLD | ALL BELTS  |
| UNDER 65  | 61-65 YEARS OLD | ALL BELTS  |
| OVER 65   | 66 & OLDER      | ALL BELTS  |
| OVER 70   | 71 & OLDER      | ALL BELTS  |

### PAIRS POOMSAE

CO-ED: 1 MALE & 1 FEMALE

CADET (12-14), JUNIOR (15-17), UNDER 30 (18-30), UNDER 60 (31-60) & OVER 60 (61+)

| DIVISION | BELT  | GENDER |
|----------|-------|--------|
| CADET    | BLACK | CO-ED  |
| JUNIOR   | BLACK | CO-ED  |
| UNDER 30 | BLACK | CO-ED  |
| UNDER 50 | BLACK | CO-ED  |
| UNDER 60 | BLACK | CO-ED  |
| OVER 60  | BLACK | CO-ED  |

| <b>TEAM POOMSAE</b>  |             |               |
|--|-------------|---------------|
| <b>3 COMPETITORS OF THE SAME GENDER</b>  |             |               |
| <b>CADET (12-14), JUNIOR (15-17), UNDER 30 (18-30), UNDER 60 (31-60) &amp; OVER 60 (61+)</b> |             |               |
| <b>DIVISION</b>  | <b>BELT</b> | <b>GENDER</b> |
| CADET  | BLACK       | MALE          |
| CADET  | BLACK       | FEMALE        |
| JUNIOR   | BLACK       | MALE          |
| JUNIOR   | BLACK       | FEMALE        |
| UNDER 30   | BLACK       | MALE          |
| UNDER 30   | BLACK       | FEMALE        |
| UNDER 50   | BLACK       | MALE          |
| UNDER 50   | BLACK       | FEMALE        |
| UNDER 60   | BLACK       | MALE          |
| UNDER 60   | BLACK       | FEMALE        |
| OVER 60  | BLACK       | MALE          |
| OVER 60  | BLACK       | FEMALE        |

| <b>INDIVIDUAL FREESTYLE POOMSAE</b> |             |               |
|-------------------------------------|-------------|---------------|
| <b>12-17 &amp; 18+</b>              |             |               |
| <b>DIVISION</b>                     | <b>BELT</b> | <b>GENDER</b> |
| 12-17                               | BLACK       | MALE          |
| 12-17                               | BLACK       | FEMALE        |
| 18+                                 | BLACK       | MALE          |
| 18+                                 | BLACK       | FEMALE        |

| <b>PAIRS FREESTYLE POOMSAE</b>     |             |               |
|------------------------------------|-------------|---------------|
| <b>COED: 1 MALE &amp; 1 FEMALE</b> |             |               |
| <b>12-17 &amp; 18+</b>             |             |               |
| <b>DIVISION</b>                    | <b>BELT</b> | <b>GENDER</b> |
| 12-17                              | BLACK       | CO-ED         |
| 18+                                | BLACK       | CO-ED         |

| <b>TEAMS FREESTYLE POOMSAE</b>                                      |             |               |
|---|-------------|---------------|
| <b>COMPOSITION OF 5 MEMBERS OF AT LEAST 2 MALES &amp; 2 FEMALES</b> |             |               |
| <b>12-17 &amp; 18+</b>  |             |               |
| <b>DIVISION</b>   | <b>BELT</b> | <b>GENDER</b> |
| 12-17   | BLACK       | CO-ED         |
| 18+   | BLACK       | CO-ED         |