



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

YOUTH (10-11), CADET (12-14), JUNIOR (15-17), UNDER 30 (18-30), UNDER 60 (31-60) & OVER 60 (61+)

DIVISION	BELT	GENDER
YOUTH	BLACK	CO-ED
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

TEAM POOMSAE		
3 COMPETITORS OF THE SAME GENDER		
YOUTH (10-11), CADET (12-14), JUNIOR (15-17), UNDER 30 (18-30), UNDER 60 (31-60) & OVER 60 (61+)		
DIVISION	BELT	GENDER
YOUTH	BLACK	MALE
YOUTH	BLACK	FEMALE
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

INDIVIDUAL FREESTYLE POOMSAE		
YOUTH, UNDER 17 & OVER 17		
DIVISION	BELT	GENDER
YOUTH	BLACK	MALE
YOUTH	BLACK	FEMALE
UNDER 17	BLACK	MALE
UNDER 17	BLACK	FEMALE
OVER 17	BLACK	MALE
OVER 17	BLACK	FEMALE

PAIRS FREESTYLE POOMSAE		
COED: 1 MALE & 1 FEMALE		
YOUTH, UNDER 17, & OVER 17		
DIVISION	BELT	GENDER
YOUTH	BLACK	CO-ED
UNDER 17	BLACK	CO-ED
OVER 17	BLACK	CO-ED

TEAMS FREESTYLE POOMSAE		
COMPOSITION OF 5 MEMBERS OF AT LEAST 2 MALES & 2 FEMALES		
YOUTH, UNDER 17, & OVER 17		
DIVISION	BELT	GENDER
YOUTH	BLACK	CO-ED
UNDER 17	BLACK	CO-ED
OVER 17	BLACK	CO-ED