



POOMSAE

CHAMPIONSHIP POOMSAE DIVISIONS

The entire division will be marshalled, taken to court, and completed. All divisions will be scored using the WOORI Sport electronic system or iPads.

UNIFORM

- All coloured belts are required to wear a White V-neck dobok
- Black Belts are required to wear a WT approved Black V-neck dobok or an official WT “wrap style” Y-neck dobok

INDIVIDUAL POOMSAE

DIVISIONS: Age as listed on the website

GENDER: Male & Female

BELT	POOMSAES
White	Kibon (Basic)
Yellow	Taeguek 1 & Taeguek 2
Blue	Taeguek 3 & Taeguek 4
Red	Taeguek 6 & Taeguek 7
1st & 2nd Dan/Poom	Taeguek 8 & Koryo
3rd & 4th Dan/Poom	Keumgang & Taebaek
5th & 6th Dan	Taebaek & Pyongwon
7th Dan	Sipjin & Jitae

PAIRS & TEAM POOMSAE

DIVISIONS: Age as listed on website

TEAM SIZE: Pairs – 2 members, Teams – 3-8 Members

IMPORTANT INFORMATION

- Pairs & Team members must be of the same age division (any belt combinations)
- Pairs & Teams will compete in the division according to the highest ranked member
- Please ensure all team members use the same team name at online registration
- Athletes may only enter as part of one pair and/or one team

BELT	POOMSAES
White	Kibon (Basic)
Yellow	Taegeuk 1 & Taegeuk 2
Blue	Taegeuk 3 & Taegeuk 4
Red	Taegeuk 6 & Taegeuk 7
1st & 2nd Dan/Poom	Taegeuk 8 & Koryo
3rd & 4th Dan/Poom	Keumgang & Taebaek
5th & 6th Dan	Taebaek & Pyongwon
7th Dan	Sipjin & Jitae

FREESTYLE POOMSAE WITH/WITHOUT MUSIC

Freestyle Poomsae will follow a modified format of WT Freestyle Poomsae, listed below are the required stances and elements, and the modifications that are in place. Poomsae duration is 60-90 seconds.

Events: Individual, Pairs (same or mixed genders), and Team (3-5 members, same or mixed gender)

Age Divisions: Age as listed on website

COMPULSORY STANCES

1. Dwitgubi (Back Stance)
2. Hakdari Seogi (Crane Stance)
3. Beom Seogi (Cat/Tiger Stance)

COMPULSORY ELEMENTS

1. Jumping Side Kick

- Flyside Kick
- 3-5 step run up permitted

2. Multiple kicks in a jumps

- Aerial jump front kicks
- Minimum of one kick performed while in the air (a single jump front kick), if more kicks are performed while in the air a higher score will be achieved
- Athletes should attempt to show active chamber and extension in all front kicks
- 3-5 step run up permitted

3. Gradient of spins in a spin kick

- Minimum of a 360° spin (spin hook kick, kick foot must land behind to complete a 360° spin)
- Greater gradient of spin will score higher (520°, 720°)

4. Kyorugi style consecutive kicks

- Sparring styled kicking sequence
- 3-5 kicks must be performed
- 3-5 bounces in a fighting stance before sequence starts

5. Acrobatic Kicking Technique

- Any acrobatic action will be allowed, even if a kick is not performed with it
- A higher score will be awarded if the acrobatic action includes a kick, or is an aerial acrobatic action performed with a kick
- A higher score will also be awarded if more than one kick is performed in the acrobatic action (greater score if an aerial with multiple kicks)