

AAU Taekwondo Poomsae

Classification Compulsory Poomsae Poomsae Uniforms

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World Taekwondo International Poomsae Referee

Classification

1) Classification of Competition

2) Divisions by Gender and Age

Contestants may compete in up to two competition divisions, unless they are limited by gender or age.

I) Recognized Poomsae Competition

1. Men's Individual
2. Women's Individual
3. Men's Team
4. Women's Team
5. Pair (One Male, One Female)

II) Freestyle Poomsae Competition

1. Men's Individual
2. Women's Individual
3. Pair (One Male, One Female)
4. Mixed Team (Composed of 5 members including at least 2 males and 2 female). One substitute may accompany the Freestyle Poomsae Team

3) Recognized Poomsae Competition

Men, women, and mixed divisions shall be divided according to age. Male and female divisions shall be classified as follows:

BLACK BELTS

| Division | Minor | Youth | Cadet | Junior | U 30 | U 40 | U 50 | U 60 | U 65 | O 65 |
|-------------------|-----------|-------|-------|--------|-------|-------|-------|-------|-------|---------|
| Age (Years) | 9 & below | 10-11 | 12-14 | 15-17 | 18-30 | 31-40 | 41-50 | 51-60 | 61-65 | 66 & up |
| Individual Male | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Individual Female | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |

| Division | Youth | Cadet | Junior | Under 30 | Above 30 |
|--------------|-------|-------|--------|----------|----------|
| Age (Years) | 8-11 | 12-14 | 15-17 | 18-30 | 31+ |
| Pair (M & F) | 2 | 2 | 2 | 2 | 2 |
| Team Male | 3 | 3 | 3 | 3 | 3 |
| Team Female | 3 | 3 | 3 | 3 | 3 |

4) Freestyle Poomsae Competition

| Division | Under 17 | Over 17 |
|--|----------|-----------------------|
| Age (Years) | 12-17 | 18 years old and over |
| Individual Male | 1 | 1 |
| Individual Female | 1 | 1 |
| Pair (1 Male & 1 Female) | 1 | 1 |
| Team Mixed (3 Males & 2 Females or 2 Males & 3 Females) | 1 | 1 |

Black Belt Division

Compulsory Poomsaes

| Division | Compulsory Poomsae |
|-------------------|--|
| | |
| Individual | |
| Minor (9 & below) | Taegeuk 3,4,5,6,7,8, Koryo |
| Youth (10-11) | Taegeuk 4,5,6,7,8, Koryo, Keumgang |
| Cadet (12-14) | Taegeuk 4,5,6,7,8 Koryo, Keumgang |
| Junior (15-17) | Taegeuk 4,5,6,7,8, Koryo, Keumgang, Taebaek |
| Under 30 (18-30) | Taegeuk 6,7,8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin |
| Under 40 (31-40) | |
| Under 50 (41-50) | Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Cheonkwon |
| Under 60 (51-60) | Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Cheonkwon, Hansu |
| Under 65 (61-65) | |
| Over 65 (66 & up) | |
| | |
| Pair | |
| Youth (8-11) | Taegeuk 4,5,6,7,8 Koryo, Keumgang |
| Cadet (12-14) | Taegeuk 4,5,6,7,8 Koryo, Keumgang |
| Junior (15-17) | Taegeuk 4,5,6,7,8, Koryo, Keumgang, Taebaek |
| Under 30 (18-30) | Taegeuk 6,7,8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin |
| Over 30 (31 & up) | Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Cheonkwon |
| | |
| Team | |
| Youth (8-11) | Taegeuk 4,5,6,7,8 Koryo, Keumgang |
| Cadet (12-14) | Taegeuk 4,5,6,7,8 Koryo, Keumgang |
| Junior (15-17) | Taegeuk 4,5,6,7,8, Koryo, Keumgang, Taebaek |
| Under 30 (18-30) | Taegeuk 6,7,8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin |
| Over 30 (31 & up) | Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Cheonkwon |

*The Organizing Committee of the tournament may combined the divisions above.

Individual Recognized Poomsae Competition

Color Belt Division

Intermediate (Green, Purple & Blue)

Advanced (Brown & Red)

Divisions & Classifications

| Divisions | Tyke | Minor | Youth | Cadet | Junior | Under 30 | Under 40 | Under 50 | Over 50 |
|-------------------|-----------|-------|-------|-------|--------|----------|----------|----------|---------|
| Age (Years) | 7 & below | 8-9 | 10-11 | 12-14 | 15-17 | 18-30 | 31-40 | 41-50 | 51 & up |
| Individual Male | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Individual Female | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |

| Compulsory Poomsaes | | |
|---------------------|--|---------------------------|
| Divisions | Intermediate (Green, Purple & Blue) | Advanced (Brown & Red) |
| Tyke (7 & below) | Taegeuk 2,3,4,5 | Taegeuk 3, 4, 5, 6, 7 |
| Minor (8-9) | Taegeuk 2,3,4,5 | Taegeuk 3, 4, 5, 6, 7 |
| Youth (10-11) | Taegeuk 2,3,4,5,6 | Taegeuk 3, 4, 5, 6, 7, 8 |
| Cadet (12-14) | Taegeuk 2,3,4,5,6 | Taegeuk 3, 4, 5, 6, 7, 8 |
| Junior (15-17) | Taegeuk 2,3,4,5,6 | Taegeuk 3, 4, 5, 6, 7, 8 |
| Under 30 (18-30) | Taegeuk 2,3,4,5,6 | Taegeuk 3, 4, 5, 6, 7, 8 |
| Under 40 (31-40) | Taegeuk 2,3,4,5,6 | Taegeuk 3, 4, 5, 6, 7, 8 |
| Under 50 (41-50) | Taegeuk 2,3,4,5,6 | Taegeuk 3, 4, 5, 6, 7, 8 |
| Over 50 (51 & up) | Taegeuk 2,3,4,5,6 | Taegeuk 3, 4, 5, 6, 7, 8 |

* The divisions may be combined.

Poomsae Uniforms

Color Belts

White V-neck (White Top & White Pants)

Black Belts

Cadet Division (Ages 12-14): White top with red and black collar, plus blue pants for males; **the same top, but with red pants, for females**

Minor (Ages 9 & below) & **Youth** (Ages 10-11) Divisions:
Same as Cadet



Junior & Senior Divisions

(Ages 15-50): White top with dark blue pants for males; **white top with light blue pants for females**

Master Division (Ages 51 and up): Yellow top and dark blue pants for both males and females

