

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	Under 50	Under 60	Over 60
Age (Years)	8-11	12-14	15-17	18-30	31-50	51-60	61+
Pair (M&F)	2	2	2	2	2	2	2
Team Male	3	3	3	3	3	3	3
Team Female	3	3	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 Poomsae

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, Taebaek
Junior (15-17)	Taegeuk 5,6,7,8, Koryo, Keumgang, Taebaek, Pyongwon
Under 30 (18-30)	Taegeuk 7,8, Koryo, Keumgang, Taebaek, Pyongwon,
Under 40 (31-40)	Shipjin, Jitae
Under 50 (41-50)	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Cheonkwon
Under 60 (51-60)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae,
Under 65 (61-65)	Cheonkwon, Hansu
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, Taebaek
Junior (15-17)	Taegeuk 5,6,7,8, Koryo, Keumgang, Taebaek, Pyongwon
Under 30 (18-30)	Taegeuk 7,8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
Under 50 (31-50)	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Cheonkwon
Under 60 (51-60)	Koryo, Keumgang, Taebaek, Pyongwon,
Over 60 (61+)	Shipjin, Jitae, Cheonkwon, Hansu
Team	
Youth (8-11)	Taegeuk 4,5,6,7,8 Koryo, Keumgang
Cadet (12-14)	Taegeuk 4,5,6,7,8 Koryo, Keumgang, Taebaek
Junior (15-17)	Taegeuk 5,6,7,8, Koryo, Keumgang, Taebaek, Pyongwon
Under 30 (18-30)	Taegeuk 7,8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
Under 50 (31-50)	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Cheonkwon
Under 60 (51-60)	Koryo, Keumgang, Taebaek, Pyongwon,
Over 60 (61+)	Shipjin, Jitae, Cheonkwon, Hansu

*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

