



2020 DESIGNATED POOMSAE

BLACK BELT INDIVIDUAL SPORT POOMSAE											
	Dragon 6-7	Tiger 8-9	Youth 10-11	Cadet 12-14	Junior 15-17	Seniors 18-30	Under 40 31-40	Under 50 41-50	Under 60 51-60	Under 65 61-65	66+
<i>Preliminary</i>	TG 8	TG 7	TG 4	TG 5	Koryo	Koryo	Keumgang	Koryo	Taebaek	Shipjin	
<i>Semi-Final</i>	TG 5	Koryo	TG 7	TG 4	TG 6	TG 8	TG 8	Keumgang	Hansu	Jitae	Taebek
<i>Final</i>	Koryo TG 6	TG 8 TG 5	TG 5 Koryo	Koryo TG 7	Keumgang Taebek	Pyongwon Taebek	Koryo Shipjin	Jitae Chonkwon	Pyongwon Shipjin	Hansu Koryo	Chonkwon Jitae
BLACK BELT PAIRS SPORT POOMSAE											
			11 & Under	Cadet 12-14	Junior 15-17	Seniors 18-30	31 & Over				
<i>Preliminary</i>			TG 6	TG 7	TG 5	TG 8	TG 8				
<i>Semi-Final</i>			Koryo	TG 5	Taebaek	Shipjin	Koryo				
<i>Final</i>			TG 4 TG 8	TG 8 Koryo	Taebek Keumgang	Pyongwon Koryo	Chonkwon Taebek				
BLACK BELT TEAM SPORT POOMSAE											
			11 & Under	Cadet 12-14	Junior 15-17	Seniors 18-30	31 & Over				
<i>Preliminary</i>			TG 6	Koryo	TG 4	Shipjin	TG 8				
<i>Semi-Final</i>			TG 7	TG 6	TG 7	TG 7	Koryo				
<i>Final</i>			TG 4 Koryo	TG 7 Keumgang	TG 5 Taebek	Keumgang Koryo	Jitae Chonkwon				

*Athletes must wear appropriate sport poomsae uniform