



Poomsae Rules for Colour Belts and Poom Belts

All poomsae performed must be a World Taekwondo (WT) recognized poomsae as follows (white dobok accepted):

White belt (10th geup ㉑) and Yellow stripe (9th geup ㉒)	Taeguek 1
Yellow belt (8th geup ㉓) and Green stripe (7th geup ㉔)	Taeguek 2, 3
Green belt (6th geup ㉕) and Blue stripe (5th geup ㉖)	Taeguek 4, 5
Blue belt (4th geup ㉗) and Red stripe (3rd geup ㉘)	Taeguek 6, 7
Red belt (2nd geup ㉙)	Taeguek 8
Black stripe (1st geup ㉚)	Taeguek 8 or Koryo
1st Poom (품) Black belt (11 and under)	Koryo
2nd Poom (품) Black belt (11 and under)	Keumgang
3rd Poom (품) Black belt (11 and under)	Taebaek

All black belts 12 and older must perform the 2 (or more) selected recognized poomsae for the event and must wear the correct official WT poomsae dobok.

