

British Taekwondo National Poomsae Championships 2024

Compulsory Poomsae

Dan Individuals

Division	Athletes	Preliminary 20+ Athletes	Semi-final 9 - 19 Athletes	Final 8 Athletes
U11 Male	6			T5 - T6
U11 Female	6			Keumgang - T4
U14 Male	13		Taebaek - T6	T8 - T4
U14 Female	22	T6 - T7	T5 - T8	Taebaek - T4
U17 Male	12		Koryo - T6	Keumgang - Taebaek
U17 Female	20	Pyongwon - Taebaek	Koryo - T6	T8 - T7
U30 Male	14		Jitae - T7	Shipjin - Taebaek
U30 Female	28	T8 - Jitae	Pyongwon - Koryo	T7 - Keumgang
U40 Male	9		T8 - Taebaek	Jitae - Pyongwon
U40 Female	11		Keumgang - Jitae	Koryo - Shipjin
U50 Male	12		T8 - Koryo	Keumgang- Shipjin
U50 Female	8			Taebaek- Jitae
U60 Male	12		Taebaek - Chonkwon	Koryo - Pyongwon
U60 Female	10		Hansu - Koryo	Shipjin - Taebaek
U65 Male	3			Hansu - Taebaek
U65 Female	1			Pyongwon - Chonkwon
U70 Male	2			Jitae - Koryo
U70 Female	1			Jitae - Taebaek
+71 Male	1			Hansu - Jitae
+71 Female	1			Keumgang - Shipjin

Poomsae Range: Taegeuk 4, 5, 6, 7, 8 Jang, 9 (Koryo), 10 (Keumgang), 11 (Taebaek), 12 (Pyongwon), 13 (Shipjin), 14 (Jitae), 15 (Chonkwon), 16 (Hansu)



Dan Pair

Division	Athletes	Preliminary 20+ Athletes	Semi-final 9 – 19 Athletes	Final 8 Athletes
U11 Pair	3			T7 - T6
U14 Pair	7			T7 - Keumgang
U17 Pair	8			T4 - Keumgang
U30 Pair	11		T7 - Keumgang	Koryo - Taebaek
U50 Pair	6			Taebaek - Pyongwon
U60 Pair	4			Koryo - Chunkwon
+61 Pair	1			Taebaek - Chunkwon

Dan Team

Division	Athletes	Preliminary 20+ Athletes	Semi-final 9 – 19 Athletes	Final 8 Athletes
U11 Team Male	1			Keumgang - T7
U11 Team Female	0			
U14 Team Male	3			T7 - Koryo
U14 Team Female	5			T6 - Keumgang
U17 Team Male	2			Keumgang - Taebaek
U17 Team Female	4			T6 - T5
U30 Team Male	7			T8 - Taebaek
U30 Team Female	6			Pyongwon - Shipjin
U50 Team Male	2			Koryo - Shipjin
U50 Team Female	2			Taebaek - Jitae
U60 Team Male	2			Hansu - Chunkwon
U60 Team Female	2			Hansu - Pyongwon
+61Team Male	1			Shipjin - Taebaek
+61Team Female	0			

Poomsae Range: Taegeuk 4, 5, 6, 7, 8 Jang, 9 (Koryo), 10 (Keumgang), 11 (Taebaek), 12 (Pyongwon), 13 (Shipjin), 14 (Jitae), 15 (Chunkwon), 16 (Hansu)



K1 Individuals

Division	Athletes	Preliminary 20+ Athletes	Semi-final 9 – 19 Athletes	Final 8 Athletes
Micro peewee Male	0			
Micro peewee Female	0			
Mini peewee Male	2			T5 - T4
Mini peewee Female	8			T8 - T6
Peewee Male	15		T4 - T6	T5 - T7
Peewee Female	15		T7 - T6	T4 - T8
Cadet Male	8			T6 - T4
Cadet Female	19		T8 - T4	T6 - T5
Junior Male	5			T8 - T7
Junior Female	8			T5 - T8
1 st Senior Male	3			T6 - T4
1 st Senior Female	7			T8 - T6
2 nd Senior Male	4			T4 - T8
2 nd Senior Female	5			T7 - T4
3 rd Senior Male	4			T6 - T8
3 rd Senior Female	4			T5 - T7

Poomsae Range: Drawn from Taegeuk 4 to Taegeuk 8



K1 Pair

Division	Athletes	Preliminary 20+ Athletes	Semi-final 9 – 19 Athletes	Final 8 Athletes
Micro/Mini peewee Pair	1			T5 - T7
Peewee Pair	8			T7 - T4
Cadet Pair	7			T7 - T4
Junior Pair	3			T7 - T8
1 st Senior Pair	4			T6 - T4
2 nd Senior Pair	1			T4 - T5
3 rd Senior Pair	0			

Poomsae Range: Drawn from Taegeuk 4 to Taegeuk 8

K1 Team

Division	Athletes	Preliminary 20+ Athletes	Semi-final 9 – 19 Athletes	Final 8 Athletes
Micro/Mini peewee Team Male	0			
Micro/Mini peewee Team Female	1			T4 - T8
Peewee Team Male	3			T6 - T5
Peewee Team Female	4			T8 - T4
Cadet Team Male	0			
Cadet Team Female	3			T7 - T6
Junior Team Male	1			T4 - T6
Junior Team Female	0			
1 st Senior Team Male	0			
1 st Senior Team Female	2			T6 - T5
2 nd Senior Team Male	0			
2 nd Senior Team Female	0			
3 rd Senior Team Male	0			
3 rd Senior Team Female	0			

Poomsae Range: Drawn from Taegeuk 4 to Taegeuk 8



K2 Divisions

K2 Competition Method: Individual, Pair & Team

Poomsae Range: Competitors choice of Poomsae from **Taegeuk 2 to Taegeuk 6**

All Poomsae chosen by competitor. Poomsae **cannot be repeated** in same round

K3 Divisions

K3 Competition Method: Individual, Pair & Team

Poomsae Range: Competitors choice of Poomsae from **Taegeuk 1 to Taegeuk 3**

All Poomsae chosen by competitor. Poomsae **may be repeated** in same round.

Family Divisions

All family divisions are direct to finals.

Poomsae can be freely selected from the Poomsae range

2 x Poomsae must be performed

Dan Divisions

Family Pair, Family Team Poomsae range: 4 Jang – Taeback (11)

Kup Divisions

Family Pair, Family Team Poomsae range: 1 Jang – 8 Jang

Mixed Divisions

Family Pair, Family Team Poomsae range: 1 Jang – 8 Jang



Para Poomsae – Compulsory Poomsae

For all Sport Classes there is a free choice to athletes to choose **one Poomsae from Group 1 and one Poomsae from Group 2**, for each round from Individual divisions.

A-class (black belt) contestants must perform a different set of two Poomsae for each round - preliminary, semi-final, final - of the competition.

Kup grade contestants may repeat the same two Poomsae in each round of the competition.

A Class (Dan) Divisions

Individual Division	Compulsory Poomsae	
	Group 1	Group 2
Peewee (U11 yrs.)	Taegeuk 4, 5, 6-Jang.	Taeguk 7, 8-Jang, Koryo
Cadet (12-14 yrs.)	Taegeuk 4, 5, 6, 7-Jang.	Taeguk 8-jang, Koryo, Keumgang
Junior (15-17 yrs.)	Taegeuk 4, 5, 6, 7-jang.	Taeguk 8-Jang, Koryo, Keumgang, Taebaek
Senior (Over 18yrs.)	Taegeuk 4, 5, 6, 7, 8-Jang.	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin

Note: Poomsae Keumgang (10) shall be excluded from draw for P30 sport classes

B Class Division (4th Kup - 1st Kup)

Individual Division	Compulsory Poomsae	
	Group 1	Group 2
Peewee (U11 yrs.)	Taegeuk 3, 4, 5 -Jang.	Taeguk 6, 7, 8-Jang
Cadet (12-14 yrs.)		
Junior (15-17 yrs.)		
Senior (Over 18yrs.)		

C Class Division (8th Kup – 5th Kup)

Individual Division	Compulsory Poomsae	
	Group 1	Group 2
Peewee (U11 yrs.)	Taegeuk 1, 2 Jang	Taegeuk 3, 4 Jang
Cadet (12-14 yrs.)		
Junior (15-17 yrs.)		
Senior (Over 18yrs.)		