Compulsory Poomsae for Dan & K1 Cut-Off rounds

British Taekwondo National Poomsae Championships 2026

As of 28 OCT 2026

Category		Poomsae 1	Poomsae 2
Individual Dan U11 Female Semi - Final	→	Taegeuk 4 Jang	Taegeuk 7 Jang
Individual Dan U14 Male Preliminary	→	Taeguek 5 Jang	Taegeuk 8 Jang
Individual Dan U14 Male Semi - Final	→	Taeguek 7 Jang	Koryo
Individual Dan U14 Female Preliminary	→	Taeguek 6 Jang	Taegeuk 8 Jang
Individual Dan U14 Female Semi - Final	→	Taeguek 5 Jang	Keumgang
Individual Dan U17 Male Semi - Final	→	Taeguek 6 Jang	Keumgang
Individual Dan U17 Female Preliminary	→	Taeguek 5 Jang	Taeguek 6 Jang
Individual Dan U17 Female Semi - Final	→	Taeguek 7 Jang	Taebaek
Individual Dan U30 Male Semi - Final	→	Taegeuk 8 Jang	Koryo
Individual Dan U30 Female Preliminary	→	Taegeuk 8 Jang	Pyongwon
Individual Dan U30 Female Semi - Final	→	Koryo	Taebaek
Individual Dan U40 Female Semi - Final	→	Shipjin	Koryo
Individual Dan U50 Male Semi - Final	→	Pyongwon	Jitae
Individual Dan U60 Male Semi - Final	→	Taebaek	Shipjin
Individual Dan U60 Female Semi - Final	→	Koryo	Taebaek
Pair Dan U14 Cadet Semi - Final	→	Taeguek 6 Jang	Taegeuk 8 Jang
Pair Dan U17 Cadet Semi - Final	→	Taegeuk 8 Jang	Taebaek
Pair Dan U30 Semi - Final	→	Pyongwon	Jitae
Individual K1 U14 Male Semi - Final	→	Taegeuk 5 Jang	Taegeuk 7 Jang
Individual K1 U14 Female Semi - Final	→	Taegeuk 4 Jang	Taegeuk 6 Jang
Individual K1 U17 Female Semi - Final	→	Taegeuk 6 Jang	Taegeuk 4 Jang