



Designated Poomsae

Individual • Pairs • Team



Individual Color Belt

White	Taegeuk 1 Jang
Yellow	Taegeuk 1 or 2 Jang
Green	Taegeuk 3 or 4 Jang
Blue / Brown	Taegeuk 5 or 6 Jang
High Brown / Red	Taegeuk 7 or 8 Jang

Individual Black Belt

10 – 11	Taegeuk 7, 8 Jang, Koryo
Cadet (12 – 14)	Taegeuk 8 Jang, Koryo, Keumgang
Junior (15 – 17)	Koryo, Keumgang, Taebaek
Under 30	Koryo, Keumgang, Taebaek
Over 30	Taebaek, Pyongwon, Shipjin

Pair Poomsae

10 – 11	Taegeuk 7 , 8 Jang, Koryo
Cadet (12 – 14)	Taegeuk 8 Jang, Koryo, Keumgang
Junior (15 – 17)	Koryo, Keumgang, Taebaek
Under 30	Koryo, Keumgang, Taebaek
Over 30	Taebaek, Pyongwon, Shipjin

Team Poomsae

10 – 11	Taegeuk 7 , 8 Jang, Koryo
Cadet (12 – 14)	Taegeuk 8 Jang, Koryo, Keumgang
Junior (15 – 17)	Koryo, Keumgang, Taebaek
Under 30	Koryo, Keumgang, Taebaek
Over 30	Taebaek, Pyongwon, Shipjin