

COMPETITION RULES

PARA POOMSAE

Rules:

- Scoring shall be made in accordance with the current WT Para Poomsae Competition Rules (2017).
- If your division is not listed below, contact Registration (see Event Contacts).

SPORT CLASS:	AGE:	COMPULSORY POOMSAE:	FORMAT:
P10	Junior	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang	Cut-off
P10	Under 30	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin	Cut-off
P10	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	Cut-off
P30	Junior	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo	Cut-off
P30	Under 30	Taegeuk 5, 6, 7, 8 Jang, Koryo, Taebaek, Pyongwon, Shipjin	Cut-off
P30	Over 30	Taegeuk 8 Jang, Koryo, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	Cut-off

Free Choice Poomsae

Instead of a compulsory poomsae, athletes in the divisions listed below may choose among the corresponding forms listed below as a Free Choice Poomsae. Using a Free Choice poomsae instead of the drawn Compulsory Poomsae results in a minimum of -0.6 point deduction.

SPORT CLASS:	AGE:	FREE CHOICE POOMSAE:	FORMAT:
P10	Junior, Under 30, Over 30	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	Cut-off
P20	Junior, Under 30, Over 30	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin	Cut-off
P30	Junior, Under 30, Over 30	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	Cut-off

Awards:

- 1st Place-Medal and \$50 Mooto Gift certificate.
- 2nd and 3rd place winners in each division will be awarded Medals (US competitors only).
- International competitors will be awarded Certificates.