

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.