

Article 8. Recognized Poomsae

1. Black Belts

Division		Compulsory Poomsae
6 – 7		Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
8 – 9		
10 – 11		
Cadet (12 – 14)		Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Junior (15 – 17)		Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30		Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Under 40		
Under 50		Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Under 60		Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Under 65		
Over 65		
Pair	9 and Under	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	10 – 11	
	Cadet (12 – 14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior (15 – 17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Teaback, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Team	9 and Under	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	10 – 11	
	Cadet (12 – 14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior (15 – 17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

Notes: Shaded cells are official WTF divisions competed at USAT sanctioned events. Unshaded cells are USAT divisions competed in USAT sanctioned events.

2. Color Belts

Division	Compulsory Poomsae
Yellow (7th & 8th Geup) All ages	Taegeuk 1, 2 Jang
Green (5th & 6th Geup) All ages	Taegeuk 1, 2, 3, 4 Jang
Blue (3rd & 4th Geup) All ages	Taegeuk 3, 4, 5, 6 Jang
Red (1st & 2nd Geup) All ages	Taegeuk 4, 5, 6, 7, 8 Jang

Article 9. Freestyle Poomsae

1. Freestyle performance is based on Taekwondo techniques, with the addition of music and choreography.
2. Composition of freestyle Poomsae:
 - 1) “Yeon-mu” line (i.e., the progress line of the Poomsae) shall be the choice of the contestant.
 - 2) Music and choreography shall be the choice of the contestant.
 - 3) The performed techniques must be within the boundaries of Taekwondo. The USAT Poomsae Referee Team will determine the validity of the performed Taekwondo techniques when the contestant submits a Freestyle Poomsae Performance Plan.