

POOMSAE				*OPEN FORM (All OTHER STYLES FORMS)			
DIV#	AGE	SEX	BELT DIVISION	DIV#	AGE	SEX	BELT DIVISION
P-1	4-5	All	White/Yellow/Orange	O-1	7 & Under	All	White/Yellow/Orange
P-2	4-5	All	Purple/Green/Blue	O-2	7 & Under	All	Purple/Green/Blue
P-3	4-5	All	Brown/Red/Black	O-3	7 & Under	All	Brown/Red/Black
P-4	6-7	All	White/Yellow/Orange	O-4	8-9	All	White/Yellow/Orange
P-5	6-7	All	Purple/Green/Blue	O-5	8-9	All	Purple/Green/Blue
P-6	6-7	All	Brown/Red/Black	O-6	8-9	All	Brown/Red
P-7	8-9	All	White/Yellow/Orange	O-7	8-9	All	Black Belt
P-8	8-9	All	Purple/Green/Blue	O-8	10-11	All	White/Yellow/Orange
P-9	8-9	All	Brown/Red	O-9	10-11	All	Purple/Green/Blue
P-10	10-11	All	White/Yellow/Orange	O-10	10-11	All	Brown/Red
P-11	10-11	All	Purple/Green/Blue	O-11	10-11	All	Black Belt
P-12	10-11	All	Brown/Red	O-12	12-14	Male	White/Yellow/Orange
P-13	12-14	Male	White/Yellow/Orange	O-13	12-14	Male	Purple/Green/Blue
P-14	12-14	Male	Purple/Green/Blue	O-14	12-14	Male	Brown/Red
P-15	12-14	Male	Brown/Red	O-15	12-14	Male	Black Belt
P-16	12-14	Female	White/Yellow/Orange	O-16	12-14	Female	White/Yellow/Orange
P-17	12-14	Female	Purple/Green/Blue	O-17	12-14	Female	Purple/Green/Blue
P-18	12-14	Female	Brown/Red	O-18	12-14	Female	Brown/Red
P-19	15-17	Male	White/Yellow/Orange	O-19	12-14	Female	Black Belt
P-20	15-17	Male	Purple/Green/Blue	O-20	15-17	Male	White/Yellow/Orange
P-21	15-17	Male	Brown/Red	O-21	15-17	Male	Purple/Green/Blue
P-22	15-17	Female	White/Yellow/Orange	O-22	15-17	Male	Brown/Red
P-23	15-17	Female	Purple/Green/Blue	O-23	15-17	Male	Black Belt
P-24	15-17	Female	Brown/Red	O-24	15-17	Female	White/Yellow/Orange
P-25	18- 30	Male	White/Yellow/Orange	O-25	15-17	Female	Purple/Green/Blue
P-26	18- 30	Male	Purple/Green/Blue	O-26	15-17	Female	Brown/Red
P-27	18- 30	Male	Brown/Red	O-27	15-17	Female	Black Belt
P-28	18- 30	Female	White/Yellow/Orange	O-28	18 & Over	Male	White/Yellow/Orange
P-29	18- 30	Female	Purple/Green/Blue	O-29	18 & Over	Male	Purple/Green/Blue
P-30	18- 30	Female	Brown/Red	O-30	18 & Over	Male	Brown/Red
P-31	31 & Over	Male	White/Yellow/Orange	O-31	18 & Over	Male	Black Belt
P-32	31 & Over	Male	Purple/Green/Blue	O-32	18 & Over	Female	White/Yellow/Orange
P-33	31 & Over	Male	Brown/Red	O-33	18 & Over	Female	Purple/Green/Blue
P-34	31 & Over	Female	White/Yellow/Orange	O-34	18 & Over	Female	Brown/Red
P-35	31 & Over	Female	Purple/Green/Blue	O-35	18 & Over	Female	Black Belt
P-36	31 & Over	Female	Brown/Red				
WORLD CLASS POOMSAE (BLACK BELT)				KYOROOGI (SPARRING)			
WP-1	8-9	All	Tigers	K-1	5 & Under	All	White/Yellow/Orange
WP-2	10-11	All	Youth	K-2	5 & Under	All	Purple/Green/Blue
WP-3	12-14	Male	Cadet	K-3	5 & Under	All	Brown/Red/Black
WP-4	12-14	Female	Cadet	K-4	6-7	All	White/Yellow/Orange
WP-5	15-17	Male	Junior	K-5	6-7	All	Purple/Green/Blue
WP-6	15-17	Female	Junior	K-6	6-7	All	Brown/Red/Black
WP-7	18-30	Male	Under 30	K-7	8-9	Male	White/Yellow/Orange
WP-8	18-30	Female	Under 30	K-8	8-9	Male	Purple/Green/Blue
WP-9	31-40	Male	Under 40	K-9	8-9	Male	Brown/Red
WP-10	31-40	Female	Under 40	K-10	8-9	Female	White/Yellow/Orange
WP-11	41-50	Male	Under 50	K-11	8-9	Female	Purple/Green/Blue
WP-12	41-50	Female	Under 50	K-12	8-9	Female	Brown/Red
WP-13	51-60	Male	Under 60	K-13	10-11	Male	White/Yellow/Orange
WP-14	51-60	Female	Under 60	K-14	10-11	Male	Purple/Green/Blue
WP-15	61 and Over	Male	Over 61	K-15	10-11	Male	Brown/Red
WP-16	61 and Over	Female	Over 61	K-16	10-11	Female	White/Yellow/Orange
*SYNCHRONIZED POOMSAE				K-17	10-11	Female	Purple/Green/Blue
S-1	All	All	Color Belts	K-18	10-11	Female	Brown/Red
S-2	All	All	Black Belts	K-19	12-14	Male	White/Yellow/Orange
OBSTACLE COURSE				K-20	12-14	Male	Purple/Green/Blue
OC-1	7 & Under	All	All	K-21	12-14	Male	Brown/Red
OC-2	8-9	All	White/Yellow/Orange	K-22	12-14	Female	White/Yellow/Orange
OC-3	8-9	All	Purple/Green/Blue	K-23	12-14	Female	Purple/Green/Blue
OC-4	8-9	All	Brown/Red/Black	K-24	12-14	Female	Brown/Red
OC-5	10-11	All	White/Yellow/Orange	K-25	15-17	Male	White/Yellow/Orange
OC-6	10-11	All	Purple/Green/Blue	K-26	15-17	Male	Purple/Green/Blue
OC-7	10-11	All	Brown/Red/Black	K-27	15-17	Male	Brown/Red
				K-28	15-17	Female	White/Yellow/Orange

KYOROOGI (SPARRING)			
DIV#	AGE	SEX	BELT DIVISION
K-28	15-17	Female	White/Yellow/Orange
K-29	15-17	Female	Purple/Green/Blue
K-30	15-17	Female	Brown/Red
K-31	18-32	Male	White/Yellow/Orange
K-32	18-32	Male	Purple/Green/Blue
K-33	18-32	Male	Brown/Red
K-34	18-32	Female	White/Yellow/Orange
K-35	18-32	Female	Purple/Green/Blue
K-36	18-32	Female	Brown/Red
K-37	33 & Over	Male	White/Yellow/Orange
K-38	33 & Over	Male	Purple/Green/Blue
K-39	33 & Over	Male	Brown/Red
K-40	33 & Over	Female	White/Yellow/Orange
K-41	33 & Over	Female	Purple/Green/Blue
K-42	33 & Over	Female	Brown/Red
WORLD CLASS KYOROOGI (SPARRING)			
3 ROUND / 1 MINUTE / 30 SECONDS BREAK			
WK-1	8-9	Female	Black Belt
WK-2	8-9	Male	Black Belt
WORLD CLASS KYOROOGI (SPARRING)			
3 ROUND / 1 MINUTE / 30 SECONDS BREAK			
WK-3	10-11	Female	Black Belt
WK-4	10-11	Male	Black Belt
WORLD CLASS KYOROOGI (SPARRING)			
3 ROUND / 1 MINUTE / 30 SECONDS BREAK			
WK-5	12-14 (Fly)	Female	32.9kg & Under
WK-6	12-14 (Feather))	Female	33.kg -40.9kg
WK-7	12-14 (Welter)	Female	41kg-46.9kg
WK-8	12-14 (Middle)	Female	47kg-54.9kg
WK-9	12-14 (Heavy)	Female	55kg & Over
WK-10	12-14 (Fly)	Male	36.9kg & under
WK-11	12-14 (Feather))	Male	37kg - 44.9kg
WK-12	12-14 (Welter)	Male	45kg -52.9kg
WK-13	12-14 (Middle)	Male	53kg - 60.9kg
WK-14	12-14 (Heavy)	Male	61kg and Over
WORLD CLASS KYOROOGI (SPARRING)			
3 ROUND / 90 SECONDS / 30 SECONDS BREAK			
WK-15	15-17 (Fly)	Female	43.9kg & Under
WK-16	15-17 (Feather)	Female	44kg-48.9kg
WK-17	15-17 (Welter)	Female	49kg-54.9kg
WK-18	15-17 (Middle)	Female	55kg-62.9kg
WK-19	15-17 (Heavy)	Female	63kg & Over
WK-20	15-17 (Fly)	Male	47.9kg & Under
WK-21	15-17 (Feather)	Male	48kg -54.9kg
WK-22	15-17 (Welter)	Male	55kg-62.9kg
WK-23	15-17 (Middle)	Male	63kg-72.9kg
WK-24	15-17 (Heavy)	Male	73kg & Over
WORLD CLASS KYOROOGI (SPARRING)			
3 ROUND / 90 SECONDS / 30 SECONDS BREAK			
WK-25	18-32 (Fly)	Female	48.9kg & Under
WK-26	18-32 (Feather)	Female	49kg-56.9kg
WK-27	18-32 (Welter)	Female	57kg-66.9kg
WK-28	18-32 (Heavy)	Female	67kg & Over
WK-29	18-32 (Fly)	Male	57.8kg & Under
WK-30	18-32 (Feather)	Male	58kg-67.9kg
WK-31	18-32 (Welter)	Male	68kg-79.9kg
WK-32	18-32 (Heavy)	Male	80kg & Over
WORLD CLASS KYOROOGI (SPARRING)			
3 ROUND / 1 MINUTE / 30 SECONDS BREAK			
WK-33	33 & Over	Female	Black Belt
WK-34	33 & Over	Male	Black Belt

POWER HAND BREAKING			
DIV#	AGE	SEX	BELT DIVISION
HB-1	7 & Under	All	White/Yellow/Orange
HB-2	7 & Under	All	Purple/Green/Blue
HB-3	7 & Under	All	Brown/Red
HB-4	7 & Under	All	Black Belt
HB-5	8-11	All	White/Yellow/Orange
HB-6	8-11	All	Purple/Green/Blue
HB-7	8-11	All	Brown/Red
HB-8	8-11	All	Black Belt
HB-9	12-14	All	White/Yellow/Orange
HB-10	12-14	All	Purple/Green/Blue
HB-11	12-14	All	Brown/Red
HB-12	12-14	All	Black Belt
HB-13	15 & Over	All	White/Yellow/Orange
HB-14	15 & Over	All	Purple/Green/Blue
HB-15	15 & Over	All	Brown/Red
HB-16	15 & Over	All	Black Belt

IMPORTANT NOTE: WORLD CLASS SPARRING DIVISION

Junior Safety Rule will be applied to Black Belt 8-14 & 33 and Over Years Division. However, Full Contact Rule will be applied to Black Belt 15-17 & 18-32 Only

*** if using music must provide own boom box**