

# Sports Poomsae Competition



## Individual Black Belts Sport Poomsae Divisions Rules

- Sport Poomsae competition will be judged and following WT standards
- Each Participant must wear the correct WT/USAT approved uniform based off age.
- Sport Poomsae designated forms will be posted by April 21<sup>st</sup>. 2024
- Black Belts Sport Poomsae age brackets will be as follows:

Cadet (12-14),

Juniors (15-17),

1<sup>st</sup> Senior (18-30),

2<sup>nd</sup> Senior (31-40),

1<sup>st</sup> Master (41-50),

2<sup>nd</sup> Master (51-60),

3<sup>rd</sup> Master (61+)