

Rule for Individual Traditional Forms Competition



Traditional Forms rules:

Any traditional empty-hand Belt Rank Form may be performed. Form must coincide with Belt Rank (I.E. No Red Belt may perform a Black Belt Form)

- 1) Competitors will perform form/patterns facing the Judges in group of three
- 2) Judges shall be seated in a row in front of competitors.
- 3) Competitors will perform their form at the same time.
- 4) Judges will determine who get 1st, 2nd and 3rd then they will show which competitors receive 1st, 2nd and 3rd

Uniform Requirements

- 1) All contestants must wear a clean Uniform. Athletes are allowed to wear their school uniforms. Uniforms may have school patches. (Note: In the event the athlete's uniform becomes bloody, he/she may be required to change).
- 2) Black trim on the collar/lapel of a white dobok is allowed for Black Belts only.
- 3) Team name and school logo (non-offensive) are allowed on the back of the dobok top.
- 4) Athletes may wear a t-shirt underneath the dobok.
- 5) No loose Jewelry.
- 6) Inappropriate or unsafe uniforms will not be allowed. Uniform jacket may not be tucked into the pants.
- 7). All competitors must wear a belt appropriate to their rank with the knot of the belt in the front.
- 8) Junior black belts (15 years of age and younger) are permitted to wear "Poom belts" (half-red, half-black) as well as "Poom collars". All others must wear a solid Black Belt. Embroidery on belts is acceptable.

Recognized Forms/Patterns

The official Forms/Patterns accepted for traditional forms divisions

DIVISIONS	ITF	WTF	TSD/MDK	UTF
Novice: White Yellow Orange	Chon-Ji Dan-Gun Do-san	Pal Gwe 1-2 Taeguek 1-2	Ki-Cho(KiBon) 1-3 Pyung-An(Pinan) 1 Basic Form 1-3	Basic 5step poomsae Moo goong hwa il soo Moo goong hwa ee soo
Intermediate: Green Purple Blue	Won-Hyo Yul Gok Joong-Gun Toi-Gye	Pal Gwe 2-6 Taeguek 2-6	Ki-Cho (Ki Bon) 3 Pyung-An/Pina 1-4	Moo goong hwa ee soo Moo goong hwa sahm soo Moo goong hwa sah soo
Advanced: Brown Red	Hwa-Rang Choong-Moo	Pal Gwe 6-8 Taeguek 6-8	Pyung-An/Pina 4-5 Passaai (Bassai)	Moo goong hwa oh soo Moo goong hwa yook soo Moo goong hwa chil soo Moo goong hwa pal soo
Black 1st	Kwang-Gee Po-Eun Ge-Baek	Koryo	Jin Do Jit-Te	Moo goong hwa pal soo Moo goong hwa gu soo Moo goong hwa ship soo
Black 2nd	Eui-Am Choon-Jang Ko-Dang Juche	Keumgang	Ro-Hai	Moo goong hwa ship il soo Moo goong hwa ship ee soo
Black 3rd	Sam-Il Yoo-Sin Choi-Yong	Taebaek	Kong San Kun	Moo goong hwa ship sahm soo Moo goong hwa ship sah soo
Black 4th	Yon-Gae Ul-Ji Moon-Moo	Pyongwon	Wan Shu	Moo goong hwa ship oh soo Moo goong hwa ship yuk soo