



Rules & Instructions

Taekwondo Poomse Competition:

- We will have **3 judges** for Poomse.
- Competitors will perform Poomse **two at a time**.
- Any poomse is acceptable that is taught at your school
- After competitors' forms are complete the head judge will call out "Judges Score" at which time each judge will either gesture to the right or the left depending on which competitor they felt was superior that round.
- This is true double elimination so all competitors must **lose twice** before they are eliminated, bracketing will be utilized.
- Our goal is to make sure the **correct competitor wins**; we will always double check the bracket sheet.

TKD Poomse will immediately follow Weapons Sparring;

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| Division/order of completion: | Black Belts |
| | Black Belt Grand Champion of Forms |
| | Intermediate (Blue-Red) Poomse |
| | Novice (White-Green) Poomse |