Rules & Instructions

Taekwondo Poomse Competition:

- **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.
- Competition will be **single elimination with a consolation round** to determine 3rd and 4th place, bracketing will be utilized.

TKD Poomse will immediately follow Weapons Sparring;

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