



Rules & Instructions

Weapons Poomse Competition:

Weapons Poomse staging will begin immediately after the opening ceremony, all competitors will report immediately to the staging area as soon as we are through with the National Anthem with their weapon.

- Any weapon forms are acceptable (Sword, Nunchaku, Sai, Bo, etc.)
- Weapons will be judged using the traditional scoring method. Scoring ranges from 6.0 – 9.9 (the higher the rank the higher the corresponding score)
- Scoring folders will be available at each ring with the recommended scoring range depending on the belt level of competitors
- Each competitor will perform one-at-a-time for safety.
- 3 Judges will be utilized for scoring and no scores will be thrown out.
- Boys and Girls will be combined if necessary

Division/order of completion:

Advanced (Black Belt) Poomse
Intermediate (Blue-Red) Poomse
Novice (White-Green) Poomse