

2020 NCTA Live Online Poomsae Championships

June 6, 2020

Designated Poomsae List

Division	Round	Male		Female	
		Form 1	Form 2	Form 1	Form 2
12-14 Black	Prelims (20+)	TG4	TG5	TG8	TG7
	Semis (9-19)	Koryo	TG6	TG4	Koryo
	Finals (1-8)	Keumgang	TG8	TG6	Keumgang
15-17 Black	Prelims (20+)	Keumgang	TG5	TG7	Koryo
	Semis (9-19)	TG8	TG7	Taebaek	TG4
	Finals (1-8)	Koryo	Taebaek	TG8	TG6
18-30 Black	Prelims (20+)	Koryo	Keumgang	Koryo	Sipjin
	Semis (9-19)	Pyongwon	TG6	Pyongwon	TG8
	Finals (1-8)	TG8	Sipjin	Keumgang	Taebaek

Division	Poomsae
18-30 White/Yellow	Form 1: Taegeuk 1 or 2 (competitor's choice) Form 2: Taegeuk 1 or 2 (competitor's choice)
18-30 Green	Form 1: Taegeuk 3 or 4 (competitor's choice) Form 2: Taegeuk 1 or 2 (competitor's choice)
18-30 Blue	Form 1: Taegeuk 5 or 6 (competitor's choice) Form 2: Taegeuk 1, 2, 3 or 4 (competitor's choice)
18-30 Red	Form 1: Taegeuk 7 or 8 (competitor's choice) Form 2: Taegeuk 1, 2, 3, 4, 5 or 6 (competitor's choice)