



Designated Poomsae - 2019 Tiger Challenge

Recognized Poomsae: Individual

Division	Born	Designated Poomsae
Youth	2008 – 2009	T6 and T8
Cadet	2005 – 2007	T5 and Koryo
Junior	2002 – 2004	T6 and Keumgang
U30	1989 – 2001	T8 and Taeback
U40	1979 – 1988	Pyongwon and Shipjin
U50	1969 – 1978	Koryo and Shipjin
O50	1968 and earlier	Taeback and Chonkwon

Recognized Poomsae: Pair and Team

Division	Born	Compulsory Poomsae
Youth	2008 – 2009	T8 and Koryo
Cadet	2005 – 2007	T5 and T8
Junior	2002 – 2004	T7 and Koryo
U30	1989 – 2001	T7 and Pyongwon
O30	1988 and earlier	Koryo and Pyongwon

Freestyle Poomsae: Individual**

Division	Born
U17	2002 – 2007
O17	2001 and earlier

** Please bring a copy of your music to the event on a USB drive.