

AB Taekwondo Tournament

March 23, 2024

Poomsae Draws	Category	Finals First Poomsae	Finals Second Poomsae
Individual	Female Cadet	Pal Jang (8)	Sa Jang (4)
	Male Cadet	Koryo	Chil Jang (7)
	Female Junior	O Jang (5)	Taebaek
	Male Junior	Yuk Jang (6)	Keumgang
	Female U30 and Older	Pyongwon	Shipjin
	Male U30 and Older	Pyongwon	Shipjin
Pairs/Teams	Pairs and Teams are Recreational Categories Any combination of genders Teams consist of 3 members Competitors choose their patterns		

2024 Birth Year Chart - Categories are based on the year in which the contestant was born.		
Youth: born in 2013 and later	U30: born in 1994-2006	U60: born in 1964-1973
Cadet: born in 2010-2012	U40: born in 1984-1993	U65: born in 1959-1963
Junior: born in 2007-2009	U50: born in 1974-1983	O65: born 1958 and earlier

