

Traditional Taekwondo Poomsae Comparison Chart

Belt Rank	Chang Hon (Non-SineWave)	ITF Tuls* (Sine Wave)	Taegeuk	Palgwe	Song Am	Pyung Ahn
White/Yellow	Chon-Ji	Chon-Ji	Il Jang	Il Jang	Songahm 1	Cho-Dan
Yellow	Dan-Gun	Dan-Gun	Ee Jang	Ee Jang	Songahm 2	Ee-Dan
Green	Do-San	Do-San	Sam Jang	Sam Jang	Songahm 3	Sam-Dan
Green	Won-Hyo	Won-Hyo	Sa Jang	Sa Jang	Songahm 4	Sa-Dan
Blue	Yul-Gok	Yul-Gok	Oh Jang	Oh Jang	Songahm 5	Oh-Dan
Blue	Joon-Gun	Joon-Gun	Yok Jang	Yok Jang	In Wha 1	Nahanji Cho-Dan
Red	Toi-Gye	Toi-Gye	Chil Jang	Chil Jang	In Wha 2	Nahanji Ee-Dan
Red	Hwa-Rang	Hwa-Rang	Pal Jang	Pal Jang	Choong Jung 1	Nahanji Sam-Dan
1 st Dan	Choong-Moo	Choong-Moo	Koryo	Koryo	Choong Jung 2	Passai
2 nd Dan	Kwang-Gae	Kwang-Gae	Keumgang	Keumgang	Shim Jun	Jin Do
3 rd Dan	Po-Eun	Po-Eun	Taebaek	Taebaek	Jung Yul	Rohai
4 th Dan	Gae-Baek	Gae-Baek	Pyongwon	Pyongwon	Chung San	Kong-Sang-Kun
5 th Dan	Eui-Am	Eui-Am	Sip Jin	Sip Jin	Sok Bong	Jit-te
6 th Dan	Choong-Jang	Choong-Jang	Jitae	Jitae	Shung Hae	Wan Su
7 th Dan	Juche	Juche	Cheonwon	Cheonwon	Jang Soo	Sei-Shan
8 th Dan	Ko-Dang	Ko-Dang	Hansoo	Hansoo	Jhoon Rhee	Ji-On
9 th Dan	Sam Il	Sam Il	Ilyo	Ilyo	Kyu-Yool	O Sip Sa Soo

	Yoo-Sin	Yoo-Sin	Other Forms		Kumsa	So Rim Jang Kwon
	Choi Yong	Choi Yong	Kicho Hyung Il Bu		Jayoo	Sip Soo
	Yon Gae	Yon Gae	Kicho Hyung Ee Bu		Chosang	Tae Kuk Kwan
	UL-JI	UL-JI	Kicho Hyung Sam		Jung-Yee	
	Moon-Moo	Moon-Moo	Chul-Gi		Pyung-Fa	
	So-San	So-San	Bassai		Might for right	
	Se Jong	Se Jong			Marriage of East to West	
	Tong Il	Tong Il				

****NOTE: If your style of Poomsaes (Forms) are not listed above, then correspond your style of Poomsaes (Form) with the list above.