

Sport & Traditional Taekwondo Championships

Order of Competitions

Age 11 and Under – All Belts

Age 4-5, 6-7, 8-9, 10-11

Traditional Poomsae – All Rings

Creative Breaking – All Rings

WT Sport Poomsae – All Rings

Grassroots Sparring – All Rings

Demonstration Teams

Age 12 and Over – All Belts

Age 12-14, 15-17, 18-32, 33-40, 41-50, 51 & Over

Traditional Poomsae – All Rings

Creative Breaking – All Rings

WT Sport Poomsae – All Rings

Grassroots Sparring – All Rings

World Class Sparring – All Rings