

## 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 Grassroots Sport Poomsae – Rings 1 & 2

WT World Class Sport Poomsae – Rings 3 & 4

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 World Class Sport Poomsae – Rings 3 & 4

WT Grassroots Sport Poomsae – Rings 1 & 2

Grassroots Sparring – All Rings

World Class Sparring – All Rings