

Poomse (Forms)

Any traditional competition form will be accepted.

<u>Age</u>	<u>Gender</u>
6&Under	Coed
7-8	Male/Female
9-11	Male/Female
12-14	Male/Female
15-17	Male/Female
18-32	Male/Female
33 & up	Male/Female

Demo Team - no more than 5 minutes per team

Grand Champion Forms

All first place winners in the Poomse (Forms) divisions will be eligible to compete in the Grand Champion forms competition.

Divisions:

Age 8 and under All Belts, Coed
Age 9-14, Color Belts, Coed
Age 9-14, Black Belts, Coed
Age 15-32, Color Belts, Coed
Age 15-32 Black Belts, Coed
Age 33 & Up All Belts, Coed

Gyoroogi Olympic Sparring

Sparring competitors ages up to 8 years old (ALL BELTS) may NOT make head contact at anytime during competition. 9 years old and up All belts will use junior safety rules. Certain rules and /or regulations are subject to change at the discretion of the Organizing Committee.

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7-8	Male/Female
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12-14	Male/Female
15-17	Male/Female
18-32	Male/Female
33 & up	Male/Female

Weigh-ins are NOT required for any athlete including Black Belts. All divisions ages 7 and older may be further combined or divided at the tournament committee's discretion.