

TIGER AN'S INVITATIONAL CHAMPIONSHIPS 2025

POOMSAE(Forms) RULES

LOCATION> Tyngsboro Sports Center – 500 Potash Hill Rd, Tyngsboro, Ma
Sunday, March 30th, 2025 – 978-453-5387 or email: masterrichardan@gmail.com

1. General Information

SCORING FORMAT> CHONG(blue) VS HONG(red)

*2 players compete at same time 1 player is red, 1 player 1 is blue.

* When Poomse completed. Judges will Show their(blue or red card) to pick a winner.

* if more than 2 competitors in a division. The Winning player will advance to the next round.

Recognized Poomsae (10 Point system)

a) Accuracy (4 points)

2pts • Accuracy of basic movements & Accuracy of details of poomsae

2pts • Balance & Stance

b) Presentation(6 points)

2pts • Speed and Power

2pts • Coordination Rhythm & Tempo

2pts • Expression of energy(ki) (confidence)

POOMSE CHOICES BASED ON LEVELS:

A) BEG. LEVEL 1 > TAEGUEK 1-3

B) INTERM. LEVEL 2 > TAEGUEK 4-8

C) ADVANCE LEVEL 3 > TAEGUEK 6-8

D) BLACKBELTS > *TAEGEUK 4-8, KORYO – (RANDOM DAY OF EVENT)

NOTE: If there is a blackbelt division that has all competitors knowing more blackbelt forms we will discuss that as a option that higher forms can be drawn