

2017

**Powerade State Games of North Carolina
Taekwondo Championships
Posted Required Sport Poomsae – Preliminaries & Finals**

Belt Color	1st Compulsory	2nd Compulsory
All ages		
White Belt	Taegeuk 1	Taegeuk 1
Yellow Belt	Taegeuk 1	Taegeuk 2
Green Belt	Taegeuk 3	Taegeuk 4
Blue Belt	Taegeuk 5	Taegeuk 6
Red Belt	Taegeuk 7	Taegeuk 8
Black Belt	1st Compulsory	2nd Compulsory
Age 6-7, 8-9, 10-11 year old	Taegeuk 5	Korio
Black Belts		
Age 12 – 14 year old	Taegeuk 6	Korio
Age 15-17 year old	Taegeuk 7	Korio
Black Belts		
Age 18-30 year old	Taegeuk 8	Keumgang
Black Belts		
Age 31-40 year old	Korio	Taebaek
Black Belts		
Age 41-50 year old	Keumgang	Pyong Won
Black Belts		
Age 51-60	Taebaek	Sipjin

Black Belts		
Age 61-99	Pyong Won	Jitae
Black Belts		

Pairs & Team Competition

Belt Color Pairs = 1 Male & 1 Female Team = 3 Male / 3 Female Color Belt All Ages	1st Compulsory	2nd Compulsory
White	Taegeuk 1	Taegeuk 1
Yellow Belt	Taegeuk 1	Taegeuk 2
Green Belt	Taegeuk 3	Taegeuk 4
Blue Belt	Taegeuk 5	Taegeuk 6
Red Belt	Taegeuk 7	Taegeuk 8
Black Belt – Pairs & Team	1st Compulsory	2nd Compulsory
Age 6-7, 8-9 (maybe combined)	Taegeuk 2	Korio
Age 10-11	Taegeuk 3	Korio
Age 12-14	Taegeuk 4	Korio
Age 15-17	Taegeuk 5	Keumgang
18-30	Taegeuk 6	Taebaek
Over 30	Taegeuk 7	Pyong Won
Scoring Criteria Accuracy (4 points)	Accuracy of basic movements, Balance	Accuracy of details of each Poomsae
Presentation (6 points)	Speed and Power	Strength / Speed / Rhythm
	Expression of energy	