

Traditional Taekwondo Poomsae Comparison Chart

Chang Hon (Non-Sine Wave)	ITF Tuls* (Sine Wave)	Taeguek	Palgwe	Song Am	Pyung Ahn
Chon-Ji	Chon-Ji	Il Jang	Il Jang	Songahm 1	Cho-Dan
Dan-Gun	Dan-Gun	Ee Jang	Ee Jang	Songahm 2	Ee-Dan
Do-San	Do-San	Sam Jang	Sam Jang	Songahm 3	Sam-Dan
Won-Hyo	Won-Hyo	Sa Jang	Sa Jang	Songahm 4	Sa-Dan
Yul-Gok	Yul-Gok	Oh Jang	Oh Jang	Songahm 5	Oh-Dan
Joon-Gun	Joon-Gun	Yok Jang	Yok Jang	In Wha 1	Nahanji Cho-Dan
Toi-Gye	Toi-Gye	Chil Jang	Chil Jang	In Wha 2	Nahanji Ee-Dan
Hwa-Rang	Hwa-Rang	Pal Jang	Pal Jang	Choong Jung 1	Nahanji Sam-Dan
Choong-Moo	Choong-Moo	Koryo	Koryo	Choong Jung 2	Passai
Kwang-Gae	Kwang-Gae	Keumgang	Keumgang	Shim Jun	Jin Do
Po-Eun	Po-Eun	Taebaek	Taebaek	Jung Yul	Rohai
Gae-Baek	Gae-Baek	Pyongwon	Pyongwon	Chung San	Kong-Sang-Kun
Eui-Am	Eui-Am	Sip Jin	Sip Jin	Sok Bong	Jit-te
Choong-Jang	Choong-Jang	Jitae	Jitae	Shung Hae	Wan Su
Juche	Juche	Cheonwon	Cheonwon	Jang Soo	Sei-Shan
Ko-Dang	Ko-Dang	Hansoo	Hansoo	Jhoon Rhee	Ji-On
Sam Il	Sam Il	Ilyo	Ilyo	Kyu-Yool	O Sip Sa Soo
Yoo-Sin	Yoo-Sin	Other		Kumsa	So Rim Jang Kwon

		Forms		
Choi Yong	Choi Yong	Kicho Hyung Il Bu	Jayoo	Sip Soo
Yon Gae	Yon Gae	Kicho Hyung Ee Bu	Chosang	Tae Kuk Kwan
UL-JI	UL-JI	Kicho Hyung Sam	Jung-Yee	
Moon-Moo	Moon-Moo	Chul-Gi	Pyung-Fa	
So-San	So-San	Bassai	Might for right	
Se Jong	Se Jong		Marriage of East to West	
Tong Il	Tong Il			

WTF, USAT, NCTO & Powerade State Games Official Taekwondo Competition Poomsae

Black Belts: 1st Dan = Koryo, 2nd Dan = Keumgang, 3rd Dan = Taebaek, 4th Dan = Pyunwon, 5th Dan = Sipjin, 6th Dan = Jitae;

Color Belts: 10th Gup – White Belt = Basic Form 1, 9th Gup – High White Belt = Basic Form 2; 10th & 9th Gup White Belts may also perform

Palgwe or Taegeuk 1; 8th Gup – Yellow Belt = Taegeuk or Palgwe 1 Jang; 7th Gup – High Yellow Belt = Taegeuk or Palgwe 2 Jang,

6th Gup – Green Belt = Taegeuk or Palgwe 3 Jang; 5th Gup – High Green Belt = Taegeuk or Palgwe 4 Jang; 4th Gup – Blue Belt = Taegeuk or Palgwe 5 Jang;

3rd Gup High Blue Belt = Taekgeuk or Palgwe 6 Jang; 2nd Gup – Red Belt = Taegeuk or palgwe 7 Jang; 1st Gup – High Red Belt = Taegeuk or Palgwe 8 Jang;