

Dregin poomsae fyrir bikarmót 1 eldri

**A class: 1 poom/Dan and up**

Category	Age	Poomsae	Gender
Individual – 14 – A	12 – 14 yrs.	4 og 7	Separate categories for female and male
Individual – 18 – A	15 – 17 yrs.	4 og 8	
Individual – 30 – A	18 – 30 yrs.	9 og 10	
Individual – 40 – A	31 – 40 yrs.	9 og 10	
Individual – 40+ – A	41 – 50 yrs.	9 og 10	

**KUP Flokkar**

**B Class 4<sup>th</sup> kup – 1<sup>th</sup> kup**

Category	Age	Poomsae	Gender
Individual – 14 B	12 yrs. – 14 yrs.	6 og 7	Separate categories for female and male
Individual – 17 B	15 yrs. – 17 yrs.	5 og 8	
Individual – 18+ B	18 yrs. and older	6 og 7	

1 = Il jang	5 = Oh jang	9 = Koryo	13 = Sipjin
2 = Yi jang	6 = Yook jang	10 = Keumgang	14 = Jitae
3 = Sam jang	7 = Chil jang	11 = Taebaek	15 = Cheonkwon
4 = Sah jang	8 = Pal jang	12 = Pyongwon	16 = Hansoo