

Lents Taekwondo & Worldwide Sports Online present:

# LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2020

## RECOGNIZED POOMSAE

### COLOR BELT DIVISIONS

#### Individual

##### 10th – 7th Kup: white, white/yellow, yellow and yellow/green belt

Kids Under 11 Male: (birth year: No age limit)  
Kids Under 11 Female: (birth year: No age limit)  
Cadet Male: (birth year: 2006 – 2008)  
Cadet Female: (birth year: 2006 – 2008)  
Junior Male: (birth year: 2003 – 2005)  
Junior Female: (birth year: 2003 – 2005)  
Over 17 Male: (birth year: 2002 and older)  
Over 17 Female: (birth year: 2002 and older)

##### 2nd – 1st Kup: red and red/black belt

Kids Under 11 Male: (birth year: No age limit)  
Kids Under 11 Female: (birth year: No age limit)  
Cadet Male: (birth year: 2006 – 2008)  
Cadet Female: (birth year: 2006 – 2008)  
Junior Male: (birth year: 2003 – 2005)  
Junior Female: (birth year: 2003 – 2005)  
Over 17 Male: (birth year: 2002 and older)  
Over 17 Female: (birth year: 2002 and older)

##### 6th – 3rd Kup: green, green/blue, blue, blue/red belt

Kids Under 11 Male: (birth year: No age limit)  
Kids Under 11 Female: (birth year: No age limit)  
Cadet Male: (birth year: 2006 – 2008)  
Cadet Female: (birth year: 2006 – 2008)  
Junior Male: (birth year: 2003 – 2005)  
Junior Female: (birth year: 2003 – 2005)  
Over 17 Male: (birth year: 2002 and older)  
Over 17 Female: (birth year: 2002 and older)

### BLACK BELT DIVISIONS

#### Individual

Kids Under 11 Male: (birth year: No age limit)  
Kids Under 11 Female: (birth year: No age limit)  
Cadet Male: (birth year: 2006 – 2008)  
Cadet Female: (birth year: 2006 – 2008)  
Junior Male: (birth year: 2003 – 2005)  
Junior Female: (birth year: 2003 – 2005)  
Under 30 Male: (birth year: 1990 – 2002)  
Under 30 Female: (birth year: 1990 – 2002)  
Under 40 Male: (birth year: 1980 – 1989)  
Under 40 Female: (birth year: 1980 – 1989)  
Under 50 Male: (birth year: 1970 – 1979)  
Under 50 Female: (birth year: 1970 – 1979)  
Under 60 Male: (birth year: 1960 – 1969)  
Under 60 Female: (birth year: 1960 – 1969)  
Under 65 Male: (birth year: 1955 – 1959)  
Under 65 Female: (birth year: 1955 – 1959)  
Over 65 Male: (birth year: 1954 older)  
Over 65 Female: (birth year: 1954 older)

#### Pairs & Teams

Pairs Under 17: (birth year: 2003 – younger)  
Male Team Under 17 (birth year: 2003 – younger)  
Female Team Under 17: (birth year: 2003 – younger)  
Pairs Over 17: (birth year: 2002 – older)  
Male Team Over 17: (birth year: 2002 – older)  
Female Team Over 17: (Birth year: 2002 – older)



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## FREESTYLE POOMSAE

### BLACK BELT DIVISIONS

#### Freestyle Individual – Male and Female

Under 17 Male (birth year: 2003 - younger)

Under 17 Female (birth year: 2003 - younger)

Over 17 Male (birth year: 2002 - older)

Over 17 Female (birth year: 2002 - older)

#### Freestyle Pairs & Teams

Pairs Under 17 (birth year: 2003 - younger)

Pairs Over 17 (birth year: 2002 - older)

Mixed Team (birth year: no age limit)



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## BEACH POOMSAE

### COLOR BELT DIVISIONS (10th-1st KUP)

#### Individual

- Under 17 Male (birth year: 2003 - younger)
- Under 17 Female (birth year: 2003 - younger)
- Over 17 Male (birth year: 2002 - older)
- Over 17 Female (birth year: 2002 - older)

### BLACK BELT DIVISIONS

#### Individual – Male and Female

- Cadet Male (birth year: 2006 – 2008)
- Cadet Female (birth year: 2006 – 2008)
- Junior Male (birth year: 2003 – 2005)
- Junior Female (birth year: 2003 – 2005)
- Under 30 Male (birth year: 1990 – 2002)
- Under 30 Female (birth year: 1990 – 2002)
- Over 30 Male (birth year: 1989 – older)
- Over 30 Female (birth year: 1989 – older)

#### Pairs & Teams

- Pairs Under 17 (birth year: 2003 – younger)
- Male Team Under 17 (birth year: 2003 – younger)
- Female Team Under 17 (birth year: 2003 – younger)
- Pairs Over 17 (birth year: 2002 – older)
- Male Team Over 17 (birth year: 2002 – older)
- Female Team Over 17 (birth year: 2002 – older)





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## PARA POOMSAE

### COLOR BELT TO BLACK BELT DIVISIONS (8TH KUP+)

Junior Male - P10 - Visual Impairment (birth year: 2003 – 2005)  
Junior Male - P20 - Intellectual Impairment (birth year: 2003 – 2005)  
Junior Male - P31/P32/P33 - Physical Impairments (birth year: 2003 – 2005)  
Junior Male - P34 - Physical Impairments (birth year: 2003 – 2005)  
Junior Male - P50 - Wheelchair Classes (birth year: 2003 – 2005)  
Junior Male - P60 - Deaf (birth year: 2003 – 2005)  
Junior Male - P70 - Short Stature (birth year: 2003 – 2005)  
Junior Female - P10 - Visual Impairment (birth year: 2003 – 2005)  
Junior Female - P20 - Intellectual Impairment (birth year: 2003 – 2005)  
Junior Female - P31/P32/P33 - Physical Impairments (birth year: 2003 – 2005)  
Junior Female - P34 - Physical Impairments (birth year: 2003 – 2005)  
Junior Female - P50 - Wheelchair Classes (birth year: 2003 – 2005)  
Junior Female - P60 - Deaf (birth year: 2003 – 2005)  
Junior Female - P70 - Short Stature (birth year: 2003 – 2005)

Over 30 Male - P10 - Visual Impairment (birth year: 1989 – older)  
Over 30 Male - P20 - Intellectual Impairment (birth year: 1989 – older)  
Over 30 Male - P31/P32/P33 - Physical Impairments (birth year: 1989 – older)  
Over 30 Male - P34 - Physical Impairments (birth year: 1989 – older)  
Over 30 Male - P50 - Wheelchair Classes (birth year: 1989 – older)  
Over 30 Male - P60 - Deaf (birth year: 1989 – older)  
Over 30 Male - P70 - Short Stature (birth year: 1989 – older)  
Over 30 Female - P10 - Visual Impairment (birth year: 1989 – older)  
Over 30 Female - P20 - Intellectual Impairment (birth year: 1989 – older)  
Over 30 Female - P31/P32/P33 - Physical Impairments  
Over 30 Female - P34 - Physical Impairments  
Over 30 Female - P50 - Wheelchair Classes  
Over 30 Female - P60 - Deaf  
Over 30 Female - P70 - Short Stature

Under 30 Male - P10 - Visual Impairment  
(birth year: 1990 – 2002)  
Under 30 Male - P20 - Intellectual Impairment  
(birth year: 1990 – 2002)  
Under 30 Male - P31/P32/P33 - Physical Impairments  
(birth year: 1990 – 2002)  
Under 30 Male - P34 - Physical Impairments  
(birth year: 1990 – 2002)  
Under 30 Male - P50 - Wheelchair Classes  
(birth year: 1990 – 2002)  
Under 30 Male - P60 - Deaf  
(birth year: 1990 – 2002)  
Under 30 Male - P70 - Short Stature  
(birth year: 1990 – 2002)  
Under 30 Female - P10 - Visual Impairment  
(birth year: 1990 – 2002)  
Under 30 Female - P20 - Intellectual Impairment  
(birth year: 1990 – 2002)  
Under 30 Female - P31/P32/P33 - Physical Impairments  
(birth year: 1990 – 2002)  
Under 30 Female - P34 - Physical Impairments  
(birth year: 1990 – 2002)  
Under 30 Female - P50 - Wheelchair Classes  
(birth year: 1990 – 2002)  
Under 30 Female - P60 - Deaf  
(birth year: 1990 – 2002)  
Under 30 Female - P70 - Short Stature  
(birth year: 1990 – 2002)

