

2025 Oklahoma State Taekwondo Championships Designated Poomsae for Individual Male and Females

	Dragon (6-7)	Tiger (8-9)	Youth (10-11)	Cadet (12-14)	Junior (15-17)	Under 30 (18-30)	Under 40 (31-40)	Under 50 (41-50)	Under 60 (51-60)	Under 65 (61-65)	Over 65 (66+)
YELLOW BELT	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS
	Taegeuk 2	Taegeuk 2	Taegeuk 2	Taegeuk 2	Taegeuk 2	Taegeuk 2	Taegeuk 2	Taegeuk 2	Taegeuk 2	Taegeuk 2	Taegeuk 2
	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL
	Taegeuk 1	Taegeuk 1	Taegeuk 1	Taegeuk 1	Taegeuk 1	Taegeuk 1	Taegeuk 1	Taegeuk 1	Taegeuk 1	Taegeuk 1	Taegeuk 1
GREEN BELT	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS
	Taegeuk 4	Taegeuk 4	Taegeuk 4	Taegeuk 4	Taegeuk 4	Taegeuk 4	Taegeuk 4	Taegeuk 4	Taegeuk 4	Taegeuk 4	Taegeuk 4
	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL
	Taegeuk 3	Taegeuk 3	Taegeuk 3	Taegeuk 3	Taegeuk 3	Taegeuk 3	Taegeuk 3	Taegeuk 3	Taegeuk 3	Taegeuk 3	Taegeuk 3
BLUE BELT	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS
	Taegeuk 6	Taegeuk 6	Taegeuk 6	Taegeuk 6	Taegeuk 6	Taegeuk 6	Taegeuk 6	Taegeuk 6	Taegeuk 6	Taegeuk 6	Taegeuk 6
	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL
	Taegeuk 5	Taegeuk 5	Taegeuk 5	Taegeuk 5	Taegeuk 5	Taegeuk 5	Taegeuk 5	Taegeuk 5	Taegeuk 5	Taegeuk 5	Taegeuk 5
RED BELT	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS
	Taegeuk 8	Taegeuk 8	Taegeuk 8	Taegeuk 8	Taegeuk 8	Taegeuk 8	Taegeuk 8	Taegeuk 8	Taegeuk 8	Taegeuk 8	Taegeuk 8
	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL
	Taegeuk 7	Taegeuk 7	Taegeuk 7	Taegeuk 7	Taegeuk 7	Taegeuk 7	Taegeuk 7	Taegeuk 7	Taegeuk 7	Taegeuk 7	Taegeuk 7
BLACK BELT	PRELIMINARY	PRELIMINARY	PRELIMINARY	PRELIMINARY	PRELIMINARY	PRELIMINARY	PRELIMINARY	PRELIMINARY	PRELIMINARY	PRELIMINARY	PRELIMINARY
	Taegeuk 2	Taegeuk 3	Taegeuk 3	Taegeuk 6	Keumgang	Taegeuk 7	Keumgang	Taegeuk 8	Jitae	Cheongkwon	Hansu
	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS	SEMI-FINALS
	Taegeuk 4	Taegeuk 5	Taegeuk 6	Taegeuk 7	Taegeuk 6	Pyongwon	Koryo	Pyongwon	Cheongkwon	Taebaek	Keumgang
	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL	FINAL
	Taegeuk 6	Taegeuk 8	Taegeuk 7	Koryo	Taebaek	Keumgang	Pyongwon	Cheongkwon	Pyongwon	Jitae	Keumgang
	Koryo	Koryo	Koryo	Keumgang	Koryo	Taebaek	Sipjin	Jitae	Cheongkwon	Pyongwon	Sipjin

Any division with 20 or more competitors begins in the Preliminary Round

Any division with 9-19 competitors advances to the Semi-Finals Round

Any division with less than 8 competitors advances straight to the Final Round

2025 Oklahoma State Taekwondo Championship Designated Poomsae for
Pairs Division

	Youth Pairs	Cadet Pairs	Junior Pairs	1st Pairs	2nd Pairs	Over 50 Pairs
	(10-11)	(12-14)	(15-17)	(18-30)	(31+)	(50+)
PRELIMINARY	Taegeuk 3	Taegeuk 4	Taegeuk 6	Taegeuk 8	Jitae	Taebaek
SEMI-FINALS	Taegeuk 8	Taegeuk 8	Taegeuk 7	Taebaek	Sipjin	Pyongwon
FINALS	Taegeuk 5	Koryo	Keumgang	Pyongwon	Cheongkwon	Jitae
	Koryo	Keumgang	Taebaek	Keumgang	Pyongwon	Sipjin

2025 Oklahoma State Taekwondo Championship Designated Poomsae for
Male Teams and Female Teams

	Youth Teams	Cadet Teams	Junior Teams	1st Teams	2nd Teams	Over 50 Teams
	(10-11)	(12-14)	(15-17)	(18-30)	(31+)	(50+)
PRELIMINARY	Taegeuk 6	Taegeuk 8	Taegeuk 7	Keumgang	Keumgang	Jitae
SEMI-FINALS	Taegeuk 5	Koryo	Koryo	Koryo	Cheongkwon	Koryo
FINALS	Taegeuk 4	Keumgang	Keumgang	Taebaek	Sipjin	Keumgang
	Koryo	Taegeuk 5	Taebaek	Pyongwon	Jitae	Sipjin