

Idaho State Cup Taekwondo

Championship Designated Poomsae

Individual	Compulsory Poomsae
Yellow	Taegeuk 1 or 2
Green	Taegeuk 1, 2, 3, 4
Blue	Taegeuk 3, 4, 5, 6
Red	Taegeuk 4, 5, 6, 7, 8
Deputy and up	Taegeuk 1,2,3,4,5,6,7,8
Black	1DAN: Koryo, Keumgang, Taebaek, 2DAN: Pyongwon, Shipjin, Jitae 3DAN: ChonKwon, Hansu, Ilyeo

Individual Competitors will choose to perform one poomsae