


# POOMSAE SCHEDULE

## Poomsae Technical Training Program

 WORLD TAEKWONDO	Day 1	Day 2
<b>Morning Session</b>	<b>Onsite registration</b> (08:30-09:00)	<b>Recognized Poomsae followed by Scoring Criteria</b> (09:00-12:00)  (ADVANCED POOMSAE)
	<b>Opening</b> (09:00-09:30)	
	<b>Poomsae Competition Rules</b> (09:30-10:30)	
	<b>Recognized Poomsae followed by Scoring Criteria</b> (10:30-12:00)  (TAEGUEK POOMSAE)	
<b>Lunch</b>	<b>Lunch Break</b> (12:00-14:00)	<b>Lunch Break</b> (12:00-14:00)
<b>Afternoon Session</b>	<b>Recognized Poomsae followed by Scoring Criteria</b> (14:00-17:00)  (TAEGUEK POOMSAE)	<b>Recognized Poomsae followed by Scoring Criteria</b> (14:00-17:00)  (ADVANCED POOMSAE)
		<b>Closing</b>

*\* The schedule is subject to change as appropriate.*