

# DUTCH OPEN POOMSAE / FREESTYLE 2013

## A -cat: 1st Dan/poom and higher

Compulsory poomsae A- class from 1<sup>st</sup> Dan/Poom and higher M/F

Note: Poomsae on the order of the list!!

Table Individual division A-class from 1st Dan/Poom and higher			
	1st round	2nd round	3rd round
until 10 year	6	4	8 9
11 - 14 year	4	6	8 9
15 – 17 year	5	11	8 9
18 - 29 year	9	11	12 13
30 - 39 year	6	12	11 13
40 - 49 year	11	10	13 14
50 - 59 year	11	16	13 15
plus 60 year	9	13	10 15

Table Pair division A-class from 1st Dan/Poom and higher			
	1st round	2nd round	3rd round
until 14 year	8	4	6 9
15 – 29 year	6	13	10 12
plus 30 year	9	12	10 11

Table Team division A-class from 1st Dan/Poom and higher			
	1st round	2nd round	3rd round
until 14 year	8	4	6 9
15 – 29 year	11	13	9 12
plus 30 year	10	13	12 14



TAEKWONDO BOND NEDERLAND  
Poomsae Referee Director: Mr. Mustapha Moutarazak

