

POOMSAE OUTLINE

AMBASSADOR'S CUP

September 26th 2026



(Photo by Late)



SUOMEN TAEKWONDOLIITTO RY
THE FINNISH TAEKWONDO FEDERATION



Welcome to Ambassador's Cup 2026 organized by The Finnish Taekwondo Federation and Malmin Taekwondo Ry in co-operation with the Embassy of the Republic of Korea to Finland!

Date: Saturday, September 26th 2026

Venue: Tikkurilan urheilutalo
Trio Sport Center
Läntinen Valkoisenlähteentie 52
01300 Vantaa

POOMSAE

Categories: Official, beginners, and kids

Registration: Please make registrations through www.tpss2021.eu.
Deadline for entries is September 13th 2026.
Late registration is open until September 20th 2026. An additional late registration fee of €20 applies.

Entry fees:

Categories	Fee (ranking)	Fee (beginners)
Individual	46 €	45 €
Pair	26 € / person	25 € / person
Team	20 € / person	20 € / person
Freestyle Mix-team	15 € / person	

Participating in more than one kids' or beginners' category costs 65 € per competitor.

Categories:

Official categories

Categories	Age	Gender	Poomsae list
Cadets	12-14 y.	Girls and boys in their own categories	Taegeuk 4-8 Jang, Koryo, Keumgang, Taebak
Juniors	15-17 y.	Girls and boys in their own categories	Taegeuk 5-8 Jang, Koryo, Keumgang, Taebak, Pyongwon
Under 30	18-30 y.	Women and men in their own categories	Taegeuk 7-8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
Under 40	31-40 y.	Women and men in their own categories	Taegeuk 7-8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
Under 50	+41-50 y.	Women and men in their own categories	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
Over 50	+51 y.	Women and men in their own categories	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Pairs under 17	12-17 y.	One (1) girl and one (1) boy	Taegeuk 5-8 Jang, Koryo, Keumgang, Taebak, Pyongwon
Pairs under 30	18-30 y.	One (1) woman and one (1) man	Taegeuk 7-8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
Pairs under 50	41-50 y.	One (1) woman and one (1) man	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
Pairs over 50	+51 y.	One (1) woman and one (1) man	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Teams under 17	12-17 y.	Three (3) girls or three (3) boys *	Taegeuk 5-8 Jang, Koryo, Keumgang, Taebak, Pyongwon
Teams under 30	18-30 y.	Three (3) women or three (3) men *	Taegeuk 7-8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
Teams under 50	41-50 y.	Three (3) women or three (3) men *	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
Teams over 50	+51 y.	Three (3) women or three (3) men *	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
		*Female and male teams compete in the same category.	
Freestyle individual	+12 y.	Women and men in their own categories	
Freestyle pairs	+12 y.	One (1) woman and one (1) man	
Freestyle mix-team	+12 y.	Two (2) men or three (3) woman or three (3) men or three (2) woman	

In ranking categories (pairs and groups) competed under the cut-off method, the forms to be performed are drawn and published on the day before the competition. If there are 9–19 pairs/groups, the competition starts with a semifinal round, from which the top 8 advance to the final round. If there are 8 or fewer pairs/groups, the competition starts directly from the final round. Two forms are performed in each round. In freestyle categories, only a final round is held, where the competitors/pairs/groups perform one form. The mix-team category can also be competed on a 10 m x 10 m competition ring.

In ranking categories (individual categories) competed under the side-by-side elimination method, the forms to be performed are drawn just before the competitors are called to the mat. Seeding into the brackets is carried out in accordance with separate instructions.

The age limit for each division is based on the year 2026, not on the date, when the competition is held.

Beginners (no age limit)

Categories	Belt	Gender	Poomsae list
Yellow belts	8th–7th kup	Separate categories for females and males	Taegeuk 1-4 Jang
Green belts	6th–5th kup		Taegeuk 2-6 Jang
Blue belts	4th–3rd kup		Taegeuk 4-8 Jang, Koryo
Red and black belts	2nd kup –2nd dan		Taegeuk 6-8 Jang, Koryo, Keumgang, Taeback
Diesel, over 30 y.	8th kup – 9th dan		Taegeuk 4-8 Jang, Koryo, Keumgang, Taeback
Pairs, lower belts	8th–5th kup	Mixed	Taegeuk 2-6 Jang
Pairs, higher belts	4th kup –2nd dan	Mixed	Taegeuk 5-8 Jang, Koryo
Teams, beginners	8th kup –2nd dan	Mixed	Taegeuk 4-8 Jang, Koryo
Freestyle, beginners	8th kup – 2nd dan	Mixed	
Para-categorias	min. 8th kup		

Kids (under 13 years old)

Categories	Belt	Gender	Poomsae list
Yellow belts	8.-7. kup	Mixed	Taegeuk 1-4 Jang
Green belts	6.-5. kup	Mixed	Taegeuk 2-6 Jang
Blue belts	4.-3. kup	Mixed	Taegeuk 4-8 Jang

Red- and black belts	2.kup-2.poom	Mixed	Taegeuk 6-8 Jang, Koryo, Keumgang, Taebak
Pairs	8.kup-2.poom	Mixed	Taegeuk 2-6 Jang

Kids (under 13 years old) can participate both in the kids' and beginners' categories. Competitors competing in the official categories cannot compete in the kids' or beginners' categories. Please note that freestyle categories are official categories, so competitors competing in kids' or beginners' categories cannot compete in them.

In the beginners' pair and team categories the players can be of the same or different gender. If the players of the pair are of different belt grade groups, they compete in the pairs, higher belts category.

In case there is a low number of competitors in the kids' or beginners' categories, the organizers may combine categories if permitted by the referee director. If two categories are combined, the players will perform poomsae according to the category they were originally registered to.

Rules:

Competition division's for poomsae in Finland on May 1st, 2026

The WT Poomsae rules (as of September 30, 2024) will be used except as noted below.

Special rules:

In the **freestyle mix team** division, the group must bring their own breaking boards. The organizer does not provide boards.

In the **beginners and kids division's**, only a final round is held, in which competitors perform two poomsae. Competitors may choose the poomsae freely from their division's poomsae list. A competitor/pair/group may not perform the same poomsae twice. An exception applies in the Lynx divisions: a competitor/pair may perform the lowest poomsae in the list twice, but no other poomsae may be repeated. If one member of a pair holds a lower belt rank and the other a higher belt rank, the pair competes in the higher belt rank pair division.

A person who has previously competed in ranking divisions or equivalent foreign divisions may not participate in the Beginners or Kids divisions. The Finnish National Championships (SM) form

an exception: participation in the SM competition does not remove eligibility for the Beginners or Kids divisions.

Competitors in the **Beginners divisions** (Recognized: individual/pair/group; Freestyle: individual beginners division) may participate in the freestyle pair and mix team ranking divisions without losing their eligibility to compete in the aforementioned Beginners divisions. A competitor who has participated in the **freestyle individual ranking division** (excluding the SM competition) may not participate in the Beginners divisions.

Requests for an exemption to participate in a division must be submitted in writing to the Poomsae Referee Committee well in advance of the competition.

The **Beginners freestyle division** uses the same scoring criteria as the ranking divisions.

In **Para divisions**, the divisions are formed for each competition based on registrations, taking into account the competitor's estimated disability class, age, and belt rank. Performances are judged according to World Taekwondo's para poomsae rules. As in other Hobby divisions, only a final round is held, in which competitors perform two poomsae. Competitors may choose their poomsae from the poomsae list corresponding to their belt rank in the Beginners divisions.

A competitor who participates in the **Para divisions** may not participate in other Beginners divisions. For Para division registrations, the estimated disability class, belt rank, and age must be submitted to the referee supervisor by email.

Preliminary Schedule: Saturday
07.30 Doors are opened.
08.00-08.30 Referee meeting.
08.30-09.00 Head of Team meeting
09.00-19.00 Competition.

The Organizer reserves the right to make changes to schedules. The schedule will be updated to Finnish Taekwondo Federation's website <https://www.suomentaekwondoliitto.fi>

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