

# 11<sup>th</sup> DUTCH OPEN POOMSAE CHAMPIONSHIPS 2011

## 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

<b>Category</b>	<b>1<sup>st</sup> Round</b>	<b>2<sup>nd</sup> Round</b>	<b>Final</b>
<b>Aspirant</b> 11 – 13 year	<b>4 - 5</b>	<b>8 - 11</b>	<b>9 - 10</b>
<b>Junior</b> 14 – 18 year	<b>4 - 6</b>	<b>8 - 11</b>	<b>9 - 10</b>
<b>1<sup>st</sup> Senior</b> 19 – 30 year	<b>6 - 9</b>	<b>11 - 13</b>	<b>10 - 12</b>
<b>2<sup>nd</sup> Senior</b> 31 – 40 year	<b>8 - 9</b>	<b>11 - 13</b>	<b>10 - 12</b>
<b>1<sup>st</sup> Masters</b> 41 – 50 year	<b>8 - 10</b>	<b>13 - 15</b>	<b>12 - 14</b>
<b>2<sup>nd</sup> Masters</b> 51 - 60 year	<b>9 - 11</b>	<b>14 - 16</b>	<b>13 - 15</b>
<b>3<sup>rd</sup> Masters</b> 61 year or higher	<b>9 - 10</b>	<b>13 - 14</b>	<b>15 - 16</b>
<b>Pair Aspirant</b> 11 – 13 year	<b>6 - 9</b>	<b>10 - 13</b>	<b>11 - 12</b>
<b>1<sup>st</sup> Pair</b> 14 – 35 year	<b>7 - 9</b>	<b>10 - 13</b>	<b>11 - 12</b>
<b>2<sup>nd</sup> Pair</b> 36 year or higher	<b>10 - 11</b>	<b>12 - 15</b>	<b>13 - 14</b>
<b>Team Aspirant</b> 11 – 13 year	<b>6 - 8</b>	<b>10 - 13</b>	<b>11 - 12</b>
<b>1<sup>st</sup> Team</b> 14 – 35 year	<b>7 - 9</b>	<b>10 - 13</b>	<b>11 - 12</b>
<b>2<sup>nd</sup> Team</b> 36 year or higher	<b>8 - 11</b>	<b>12 - 15</b>	<b>13 - 14</b>



**Taekwondo Bond Nederland**  
**Referee Director: Mr. Mustapha Moutarazak**