

Hong Kong 2024 World Taekwondo Poomsae Championships

Nov 30- Dec 4, 2024 / Hong Kong, China
(As of Nov 1, 2024)

Date	Poomsae	Category		Division	Remark
Day1	Recognized	Individual	Male	-	
			Female	Cadet, Junior, Under 60	
		Pair	Pair	Under 60	
		Team	Male	Junior, Over 60	
			Female		
	Freestyle	Mixed team	Mixed team	Over 17	
Day2	Recognized	Individual	Male	Under 30, Under 40, Under 60	
			Female	Under 40, Under 50	
		Pair	Pair	-	
		Team	Male	-	
			Female	Under 30	
	Freestyle	Individual	Male	Under 17	
		Female	Under 17		
Day3	Recognized	Individual	Male	Cadet, Junior, Under 50	
			Female	Over 65	
		Pair	Pair	Over 60	
		Team	Male	-	
			Female	Cadet, Junior, Under 50	
	Freestyle	Individual	Male	Over 17	
		Female	Over 17		
Day4	Recognized	Individual	Male	Under 65, Over 65	
			Female	Under 30	
		Pair	Pair	Junior, Under 50	
		Team	Male	Cadet, Under 30, Under 60	
			Female	Under 60	
	Freestyle	Pair	Pair	Under 17	
Day5	Recognized	Individual	Male	-	
			Female	Under 65	
		Pair	Pair	Cadet, Under 30	
		Team	Male	Under 50	
			Female	Over 60	
	Freestyle	Pair	Pair	Over 17	
	Mixed team	Mixed team	Under 17		