

International Combat Organization (ICO)
Forms Rules and Procedures

Forms Divisions and Rules

Kata Divisions

Traditional Forms Category

1. *Traditional Forms (Japanese / Okinawa) Style Specific*
 - a. Only style specific katas are permitted in the appropriate category.
 - b. Katas must be chosen from the “Official Kata List” subsection “Japanese / Okinawa Style Specific Katas”

Styles

1. Goju-Ryu
2. Shotokan
3. Shito-Ryu
4. Wado-Ryu
5. Shorin-Ryu

2. Traditional Forms (Korean) Style

1. Only Korean Style Poomsae from the following styles are permitted in this category.
 - a. ITF
 - b. WTF
 - c. Tang Soo Do
2. Poomsae must be chosen from the “Official Kata List” Subsection Korean Poomsae
3. Poomsae may be performed with or without Sine Wave

3. Softstyle Forms

4. Forms in this division will be as follows;
 - a. Traditional Northern Styles
 - b. Traditional Southern Styles
 - c. Wushu
 - d. Tai Chi
5. At this time, All Chinese softstyle forms divisions will be an open division. Tournament Director has the authority to separate divisions if the need arises.

4. *Hardstyle Forms*

6. This division will be open to all hard styles (Japanese/Okinawa/Korean) but katas must come from the "Official Kata List".

5. *Traditional Forms "Challenge" (Japanese/Okinawa) (Blackbelts Only)*

- a. This division is open to all black belt competitors
- b. The competitor will compete in rounds (Fighters Bracket) against another competitor at the same time.
- c. Judges will choose a winner by flag.
- d. Competitors must have at least (4) katas prepared and can not repeat unless competition passes 4 rounds.
- e. If there are (3) competitors, then a round robin style competition will determine the winner.

Weapons Divisions

1. *Traditional Weapons (Japanese / Okinawa)*

- a. Only weapons allowed in this division will be as follows;
 - i. Bo
 - ii. Nunti Bo
 - iii. Eku
 - iv. Sai
 - v. Nunchuku
 - vi. Kama
 - vii. Tonfa
- b. Katas must be chosen from the "Official Kata List" subsection "Japanese / Okinawa Kobudo (Weapons) Katas"

2. *Traditional Weapons (Chinese)*

- a. Only Weapons allowed in this division will be as follows;
 - i. Staff (Gun)
 - ii. Broadsword (Dao)
 - iii. Straight Sword (Jian)
 - iv. Spear (Qiang)
 - v. Hook Sword (Gou)
 - vi. Butterfly Swords (Hudie Dao)
 - vii. Polearm (Guandao)
 - viii. Chain Whip (Jiu Jie Bian)
 - ix. Rope Dart
 - x. Fans
- b. Forms in this division can be created by the individual but must be within the scope of the Chinese/Softstyle/Wushu Traditions.

Open Forms Categories

1. *Freestyle Forms*

- a. Must be traditional in nature. These are patterns created either by the club or individual using only traditional techniques but can be unique to them.
- b. Does not have any gymnastic movements
- c. Forward Rolls are allowed in this category.

2. *Freestyle Weapons*

- a. Must be traditional in nature. These are patterns created either by the club or individual using only traditional techniques but can be unique to them.
- b. Does not have any gymnastic movements however forward rolls are allowed.
- c. Form can not have any releases (Weapon must not leave hands of competitor)
- d. Open to any traditional style weapons from the above weapon list to include Traditional Sword (Katana)

3. *Creative Forms (Music Optional)*

- a. A form in the Creative Division must include techniques which originate from martial arts and will be placed on execution of the techniques, application of the techniques, difficulty, balance, speed, power, solid stances, performance and focus. Quick and continual succession of hand strikes, combinations and spins, spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits, weapon spins, weapon releases, and other creative martial arts techniques are required and must be included in the majority of the performance. Athletes will receive scores based on elements that demonstrate and highlight speed, power and stances that provide solid foundations for which movements can be executed. Scores will also be awarded based on the elements as defined and how the athlete utilizes performance techniques to highlight the elements defined.
- b. Must include techniques that originate from martial arts
- c. Scoring will be based on martial arts creativity and execution of the form
- d. Form can not have any type of inversion gymnastic maneuver.
- e. Inversion meaning head can not go below the waist or both feet over the head (Cartwheel).

4. *Creative Weapons (Music Optional)*

- a. Definition - In the Creative weapons divisions, emphasis will be placed on the execution of the martial arts techniques specific to the weapon used and to include all elements defined in CREATIVE FORMS as well as weapon spins, weapon manipulations, weapon releases and the overall use of the weapon. This division distinguishes itself from the Traditional Weapons divisions by rewarding athletes who uniquely incorporate the use of manipulations, releases, spins and body/finger rolls with the weapon into a created routine.
- b. All points from the above category but now include a weapon.

- c. Form must have at least one release but no more than four. (Release meaning weapon must leave the hands of the competitor)
 - d. Weapon can be any of the following but not limited to and can be colorful non traditional;
 - i. Bo (Single or Double)
 - ii. Kama
 - iii. Nunchuku (Single or Double)
 - iv. Sword (Single or Double)
 - v. Fans (Single or Double)
5. *Extreme Forms (Music Optional)*
- a. The Extreme Divisions allow the competitor to perform any movements whether they originate from traditional or contemporary martial arts systems or otherwise. However, at least half of the form must originate from martial arts techniques, and the competitor must execute at least one technique that involves an inverted move or greater than 360-degree spin.
 - b. Must include techniques that originate from martial arts
 - c. Forms must include at least one gymnastic inversion.
 - d. Scoring will be based on the martial arts creativity and execution of the form.
6. *Extreme Weapons (Music Optional)*
- a. All points from the above category but now include a weapon.
 - b. Form must have at least one release of the weapon and one inversion.
 - c. Scoring will be based on the martial arts creativity and execution of the form.

Team Forms

1. *Team Trad Forms / Weapons (Music Optional)*
- a. Team Synchronized Forms is defined as a group organized to function cooperatively in a joint effort. Synchronized: Working at same time or rate/ Go together or happen at the same time/ Working in unison/ Use of Techniques in a Domino effect
 - b. Teams are composed of 2 – 3 members
 - c. All the technical Martial Arts skills are graded for execution, presentation, and difficulty.
 - d. Only traditional based forms and weapons routines are allowed in the Team Traditional Sync Forms and weapons divisions (Freestyle Forms/Weapons Rules)
 - e. Must not break synchronization. This division will be graded on unison of the competitors.
2. *Team Open Forms/ Weapons (Music optional)*
- a. Teams compiled of 2-3 competitors
 - b. Can be open or traditional in nature. Will be graded for execution, presentation and difficulty.
 - c. This divisions allows the team to break synchronicity for portions of the form for example: to perform self-dense or bunkai, weapon tosses, adding their own creativity as a team effort.

- d. 50% of the form will be performed in unison with the other half open team effort performance.
3. *Team Demo (Music Optional)*
- a. Team Demonstration is given more liberties and freedoms to exhibit one or a combination of Martial Arts Skills. Synchronization may or may not be a part of team demonstration.
 - b. Teams are composed of 5 – 25 members
 - c. All the technical Martial Arts skills are graded for execution, presentation, and difficulty.

Traditional Forms Rules/Procedures

- 1. Competition Area
 - a. Competition area will be (8) square meters with a (1 or 2) meter safety area.
- 2. Judges
 - a. Judges Uniform
 - i. Forms and Kumite Judges will be dressed professionally and with the following:
 - 1. Single Breast Black Blazer
 - 2. White short sleeve button up shirt
 - 3. Plain Light Grey Trousers without turn ups
 - 4. Plain black socks and black slip on shoes for mat use.
 - 5. Official ICO Tie without tie clip
 - 6. Judges may remove blazer with permission by the Chief Referee.
 - b. Judges Panel
 - i. Will consist of 3 judges in the appropriate style division
 - ii. Judges will be selected by the Chief Referee or his/her designee
 - iii. Judges will be selected based on the countries represented in the division.
(Example: England, USA, South Africa in a division, then no more than one judge from each of those countries.)
 - iv. Judges will sit in the three corners of the tatami.
 - c. Judges Scoring
 - i. Judges will use either flag or score cards
 - ii. Scoring will be in a range of 8.50 to 9.50 with a mid range of 9.0.
 - iii. In the event of a tie, (2) competitors will perform their kata again and judges will signal a winner by flag
 - d. Judges Criteria for Winner Decision (All Form Styles will be judged on the same criteria)
 - i. Each judge is looking at 10 Criteria of an individual Kata Performance
 - 1. Stances
 - 2. Technique

3. Focus
4. Correct Breathing
5. Transitional Movements
6. Timing and Synchronization
7. Conformance (Consistency of Style)
8. Strength
9. Speed
10. Balance

ii. Fouls for point deduction (7)

1. Announcing the Kata before the Bow instead of After the bow.
(Jap/Okinawa Divisions only)
2. Minor Loss of Balance
3. Performing a movement in an incorrect manner such as failure to execute a block fully or punching off target.
4. Asynchronous movement in the event of team kata, Failing to do a movement in unison
5. Use of Audible Cues (Hitting oneself, excessive breathing noise, stomping etc)
6. Belt coming loose during performance that it falls off hips
7. Time Wasting, Prolong bowing, excessive marching, prolong pause before starting performance

iii. Fouls for Disqualification (8)

1. Performing the Wrong Kata or Announcing the Wrong Kata (Traditional Jap/Okinawa Challenge or Style Specific Only)
2. Failing to Bow at the beginning and at the end of the Kata Performance (Jap/Okinawa Only)
3. Distinct pause or stop in the performance. (Forgetting Form)
4. Omitting or adding movements so that it changes the original kata/Poomsae
5. A clear loss of balance that causes the individual to fall on the floor.
6. The belt completely falls to the floor during the performance.
7. Failure to follow Head Judge's instructions or misconduct
8. Repeating a kata in the medal round (Traditional Jap/Okinawa Challenge Only)

3. Competitors

- a. Competitors will perform their kata/poomsae/form in the appropriate uniform dictated by the division they are competing in (i.e. Japanese karate gi uniform for Japanese divisions, Korean Dobok uniforms for Korean divisions, etc)
- b. Flag of Country or ICO Country Patch must be placed on Uniform.

4. Operation of Kata Divisions (Traditional, Creative, Extreme, Freestyle Kata and Weapons)

- a. Competitors will line up and official bow in will be conducted by Head Referee.
 - b. Order of Competitors will be determined by the computer system at random.
 - c. Each competitor will walk in, bow to the panel, announce their kata (Traditional Categories) and perform. At the end of the kata, the competitor will bow and wait for a score or a signal from the head judge to leave the ring.
 - d. Once all competitors have performed, the scorekeeper will inform the head judge of the winners or if any ties that need to be broken.
 - e. In the event of a tie, if 2 competitors, each will perform their kata again and judges will signal a winner by flag.
 - f. Color belt divisions can perform the same kata (traditional forms only)
 - g. Blackbelt divisions can perform a different kata (traditional forms only)
 - h. In the event of a three way tie, each competitor will perform their kata again and the judges will give a score of 9.7, 9.8 or 9.9 at the conclusion of all katas performed.
 - i. Winners will be 1st, 2nd, 3rd only unless the Tournament Director wants to give (2) 3rd place medals but must remain consistent for the entire tournament.
 - j. Upon receiving placements, all competitors will bow with the direction of the Head Judge.
 - k. Softstyle categories will follow the same bow in and grading procedure
5. Operation of Kata Divisions (Traditional Challenge)
- a. Traditional Challenge Divisions will be for the Japanese/Okinawa Forms
 - b. Japanese/ Okinawa Forms division will be the same as the above for a few exceptions.
 - c. Division will run like a fighters bracket (Head to Head).
 - d. Each competitor will wear either a Red (AKA) or Blue (AO) belt. Will be determined by computer system. Competitor on top will be Red and Competitor on bottom will be Blue.
 - e. All competitors in the division will line up with the panel of judges and perform a proper bow.
 - f. Each match will then proceed with both competitors lined up and perform a proper bow by both bowing to judges, then bowing to each other.
 - g. Prior to each match, both competitors must advise the scorekeeper of the kata that is going to be performed so that the scorekeeper can keep track.
 - h. Two forms of how this match can continue (based on the discretion of the Tournament Director or World Forms Director).
 - i. Both competitors can perform the katas simultaneously or Individually.
 - j. At the competition of the performance, Head Judge will announce “Hantei” and blow his whistle with a two tone blast. On the second tone, all judges will signal a winner by their flags. The competitor with the most flags (best of 3 or 5) is determined as the winner and will advance to the next round.
 - k. Color belt divisions can perform the same kata again for the following rounds
 - l. Black belts must perform a different kata each round until they reach the medal round. (Finals or Bronze Medal Match) at which time they can repeat a previous kata performed but not the kata they did to enter the medal round.
 - m. These divisions will have repechage. This means a competitor that loses to a competitor that makes it to the finals is moved into a separate bracket for a chance to fight their way

back for a bronze medal match. Each person that is beaten by the final individuals will face off against each other for the Bronze Medals. In this division two bronze medals will be given.

Grand Championship / Run Offs

All competitors must compete in any run off, grand championship and/or overall grand championships with the style of form or weapons (Not Exact Form/Weapon) they won with in their division. (Example: a winner of a creative form can not compete with an extreme form) If a competitor wins more than one division, they have the option to select the division they won in.

Penalties and Disqualifications

1. Weapon Breaks
 - a. If a competitor breaks their weapon and it separates in two or more pieces, that competitor will be disqualified from that category. If the weapon cracks but does not separate, the competitor will be allowed to finish their performance and score appropriately.
2. Loss of Control of Weapon
 - a. A bobble or minor loss of control of the weapon without a drop will result in a deduction of points at the discretion of the judges.
 - b. If the weapon is dropped or touches the floor unintentionally, the competitor will receive the lowest score but will not be disqualified.
 - c. If a competitor's weapon(s) exit the tatami or strikes any person, that competitor will be disqualified from that category.
3. Props (Disqualification)
 - a. Only allowed in the Team Demo Divisions
4. Abusive of Equipment (Disqualification)
 - a. Using any weapon to damage or destroy the tatami (Example: forcing a sword blade into the tatami)
5. Altering a Weapon
 - a. Altering a weapon in any way that deviates from the manufacturer's original state will be deemed an altered weapon and will not be allowed to be used in that category.
6. Stepping out of Bounds (Point Deduction)
 - a. Stepping out of the designed performance area will result in deduction in points.
 - b. Only Softstyle performances are allowed to step out of the performance area.
7. Starting a Form Over
 - a. If a competitor pauses for a long period of time due to memory lapse of the kata, points will be deducted. Competitors are not allowed to restart their forms.

Protest

1. Persons that may lodge a protest can be either the competitor or coach of that competitor.
2. A protest may only be lodged prior to the start of a forms/weapons division.
 - a. The only protest that may be lodged prior to the start of the division is the composition of the judges panel based only upon "Fact Based" Conflict of Interests.

- b. Fact Based means facts rather than opinions or beliefs (Example: If too many judges from a country are present in the panel and that country is represented in the divisions.)
3. Removal of Judges
- a. If a competitor feels a judge must be removed for good reasons, they must file an official protest before the division begins. The head rules arbitrator will make the final decision on whether based on the fact based evidence if a judge should be removed.
- b.

Official Kata List
Japanese/ Okinawa

1	Anan	35	Jiin	69	Passai
2	Anan Dai	36	Jion	70	Pinan Shodan
3	Ananko	37	Jitte	71	Pinan Nidan
4	Aoyagi	38	Juroku	72	Pinan Sandan
5	Bassai	39	Kanchin	73	Pinan Yondan
6	Bassai Dai	40	Kanku Dai	74	Pinan Godan
7	Bassai Sho	41	Kanku Sho	75	Rohai
8	Chatanyara Kusanku	42	Kanshu	76	Saifa
9	Chibana No Kushanku	43	Kishimono No Kushanku	77	Sanchin
10	Chinte	44	Kousoukun	78	Sansai
11	Chinto	45	Kousoukun Dai	79	Sanseiru
12	Enpi	46	Kousoukun Sho	80	Sanseru
13	Fukyugata Ichi	47	Kururunfa	81	Seichin
14	Fukyugata Ni	48	Kusanku	82	Seienchin (Seiyunchin)
15	Gankaku	49	Kyan No Chinto	83	Seipai
16	Garyu	50	Kyan No Wanshu	84	Seiryu
17	Gekisai (Geksai) 1	51	Matsukaze	85	Seishan
18	Gekisai (Geksai) 2	52	Matsumura Bassai	86	Seisan (Sesan)
19	Gojushiho	53	Matsumura Rohai	87	Shiho Kousoukun
20	Gojushiho Dai	54	Meikyo	88	Shinpa
21	Gojushiho Sho	55	Myojo	89	Shinsei
22	Hakusho	56	Naifanchin Shodan	90	Shisochin
23	Hangetsu	57	Naifanchin Nidan	91	Sochin
24	Haufa (Haffa)	58	Naifanchin Sandan	92	Suparinpei
25	Heian Shodan	59	Naihanchi	93	Tekki Shodan
26	Heian Nidan	60	Nijushiho	94	Tekki Nidan
27	Heian Sandan	61	Nipaipo	95	Tekki Sandan
28	Heian Yondan	62	Niseishi	96	Tensho
29	Heian Godan	63	Ohan	97	Tomari Bassai
30	Heiku	64	Ohan Dai	98	Unshu
31	Ishimine Bassai	65	Oyadomari No Passai	99	Unsu
32	Itosu Rohai Shodan	66	Pachu	100	Useishi
33	Itosu Rohai Nidan	67	Paiku	101	Wankan
34	Itosu Rohai Sandan	68	Papuren	102	Wanshu

Japanese/Okinawa Style Specific

Goju-Ryu

Gekisai 1	Seisan
Gekisai 2	Kururunfa
Saifa	Suparinpei
Seiyunchin	Sanchin
Seipai	Tensho
Shisochin	
Sanseru	

Shito-Ryu

Pinan 1 - 5
Matsumura Rohai
Matsumura Bassai
Nahanchi Shodan
Saifa
Jiuroku
Bassai Dai
Kousokun Dai
Ji'in
Seienchin
Wanshu
Aoyagi
Miojio
Jion
Kousokun Sho
Chatanyara No Kushanku
Sochin (Aragaki ha)
Niseichi
Sanseiru
Chinto
Shisochin
Nipaipo
Kururunfa
Seipai
Seisan
Gojushiho
Unshu
Suparimpei
Anan
Jitte
Pachu
Heiku

Paiku
Papuren

Shotokan

Heian 1 - 5
Tekki Shodan
Bassai Dai
Empi
Kanku Dai
Jion
Hangetsu
Ji'in
Tekki Nidan
Tekki Sandan
Bassai Sho
Sochin
Kankusho
Nijushiho
Gojushiho Sho
Gojushiho Dai
Chinte
Unsu
Meikyo
Wankan
Jitte

Wado Ryu

Pinan 1 - 5
Kanshanku
Niseishi
Jion
Passai
Jitte
Chinto
Naihanchi
Rohai
Wanshu
Seishan
Anan

Shorin Ryu

Pinan 1-5
Fukyu Gata 1-2
Wankan
Rohai
Passai
Chinto
Wanshu
Gojushiho
Seisan
Kusanku

Japanese / Okinawa Kobudo (Weapons) Kata List

Bo (Kun/Kon) and Nunti Bo:

1. Arakaki No Kun
2. Chatanyara No Kun
3. Chinenshikiyanaka No Kun
4. Chikinsunakake
5. Chikin (Tsuken) Bo (1, 2, 3)
6. Chong Shi No Kun
7. Chong Shi Bong Sool
8. Choun No Kun Sho
9. Choun No Kun
10. Donyukon Ichi/ Ni
11. Ginowan No Kun
12. Gyasho No Kun
13. Hantugua No Kun
14. Kashin No Kun (Kashinbo)
15. Kubo No Kun
16. Kongo No Kun
17. Kudaka No Kun
18. Kochinda No Kun
19. Matayoshi No Nuntibo (1,2)
20. Matsumura No Kun
21. Matsukaze No Kun
22. Matsuhiga No Kun Sho / Dai
23. Miyazato No Kun
24. Oshiro (Ogusuku) No Kun
25. Sakiyama No Kun
26. Sakugawa No Kun
27. Sesoko No Kun
28. Sakugawa No Kun Sho / Dai
29. Shushi No Kun Sho / Dai

30. Shirataru No Kun
31. Shirataru No Kun Sho- Dai Shuratei
32. Shimajiri No Kun Sho / Dai
33. Sho No Kun
34. Soeishi (Shishi) No Kun
35. Shushi (Suji) No Kun
36. Sunakake No Kun (Bo 1)
37. Sueyoshi (Shishi) No Kun
38. Tawada no Kun
39. Tokushin No Nunti Bo no Kun
40. Tokushin No Yari no Kun
41. Tokushin No Bo
42. Tokumine No Kun /Chatanyara Sho No Kun
43. Tomari Shirotaru No Kun
44. Tsukensunakake No Kun
45. Tsuyoshi No Nuntibo
46. Rohai No Kun
47. Ruru No Kun
48. Ryubi No Kun
49. Ufutun No Kun
50. Ufutun No Kun / Ufugosuku No Kun
51. Uhugushiku (Ogusuku) No Nuntibo
52. Urashi (Urasoe) No Kun
53. Yunigawa (Yonekawa) No Kun

Eku Bo:

1. Akahachi no Ekubo
2. Chin No Kata
3. Chikin Sunakake (Tsukensunakake) No Ekkubo
4. Hato No Ekubo
5. Irei No Ekubo
6. Matsumura No Ekubo
7. Shima Ura No Eku Sho
8. Ten No Kata
9. Tokushin No Eku
10. Tsukenakachu no Ekubo
11. Ufuchiku No Ekubo
12. Yabiku-Nago No Ekubo

Sai:

1. Ananku No Sai
2. Arakaki No Sai
3. Agena No Sai
4. Chatanyara No Sai

5. Chikinshitahaku (Tsukenshitahaku) No Sai
6. Chihara No Sai
7. Chotoku Kyan No Sai
8. Haketsuru No Sai
9. Hantagua (Hakutagawa Kouragua) no Sai
10. Hamahiga No Sai
11. Ishikawagua No Sai
12. Jigen No Manjisa
13. Kishaba No SaiDai/Sho
14. Kina No Sai
- 15.. Kugusuku (Kojo) No Sai
15. KuniyoshiNo Sai
17. Kyan No Sai(Chomo Hanashiro No Sai) '
18. Kyan No Sai (Ryuku Kenpo)
19. Matsuhiga No Sai
20. Matsumura No Sai
21. Nakandakari No Sai
22. Ogusuku / Uhugushiku No Manjisai
23. Rohan No Sai
24. Sai San
25. Sai Ichi No Dan
26. Sai Ni No Dan
27. Sai San No Dan
28. Sancho No Sai
29. Shimabukuro Sai Ichi/ Ni
30. Shishiryu (Kudaka) No Sai
31. Shihohai No Sai
32. Shinbaru No Sai/ Senbaru No Sai
33. Soken No Sai 1,2
34. Tawada No Sai Sho (Mabuni No Sai)
35. Tawada No Sai
35. Toyei (Chatanyara Sho) No Sai
37. Tokuyama no Sai
38. Tokushin No Nunti Sai
39. Tsukenshitahaku No Sai
40. Ufuchiku No Nuntesu (Manjisai)
41. Utuchiku No Sai
42. Yakaa No Sai

Nunchaku:

1. Akamine No Nunchaku
2. Denko Nunchaku
3. Irei No Nunchaku
4. Kina no Nunchaku

5. Kuniyoshi No Nunchaku 1, 2
6. Maezato (Miyazato / Taira) No Nunchaku
7. Nichonunchaku
8. Ogusuku (Uhugushiku / Kihon) No Nunchaku
9. Sakagami No Nunchaku
10. San bon Nunchaku
11. Shihohai No Nunchaku
12. Shinzato No Nunchaku

Kama:

1. Irei No Nichogama
2. Kingawa (Kanegawa) No Nicho Gama Sho / Dai
3. Kina No Nichogama
4. Kishaba No Nichogama
5. Kuro Matsu No Kama
6. Kuniyoshi No Nichogama
7. Kuzushi Sho / Dai No Nichogama
8. Matayoshi (Gushikawa Tairagua No Nichogama) No Nichogama 1, 2
9. Moha Gama (Kama No Ti)
10. Ogusuku (Uhugushiku) No Nichogama
11. Soken No Nichogama
12. Toyama (Tozan) No Nicho Gama

Tonfa:

1. Chikina No Tonfa
2. Hama Higa No Tonfa
3. Ishimine No Tonfa
4. Kina No Tonfa
5. Kuniba No Tonfa
6. Kuzushi Sho / Dai No Tonfa
7. Matayoshi No Tonfa 1, 2
8. Matsuhiga No Tonfa
9. Nakazato No Tonfa.
10. Shikina No Tunfa
11. Tuifa Jutsu
12. Ufuchiku No Tonfa

Korean Pomsae List

ITF Patterns

1. Chon - Ji
2. Dan - Gun
3. Do - San

4. Won - Hyo
5. Yul - Gok
6. Joong - Gun
7. Toi - Gye
8. Hwa - Rang
9. Choong - Moo
10. Kwang - Gae
11. Po - Eun
12. Gae - Baek
13. Eui - Am
14. Choon - Jang
15. Juche (Replaced the earlier form Ko - Dang)
16. Sam - Il
17. Yoo - Sin
18. Choi - Yong
19. Yon - Gae
20. Ul - Ji
21. Moon - Moo
22. So - San

WTF Poomsae

1. Taegeuk Iol Jang (Form 1) - Heaven and Yang
2. Taegeuk Ee Jang (Form 2) - Joyfulness
3. Taegeuk Sam Jang (Form 3) - Fire and Sun
4. Taegeuk Sa Jang (Form 4) - Thunder
5. Taegeuk Oh Jang (Form 5) - Wind
6. Taegeuk Yuk Jang (Form 6) - Water
7. Taegeuk Chil Jang (Form 7) - Mountain
8. Taegeuk Pal Jang (Form 8) - Earth and Yin
9. Koryo
10. Kumgang
11. Taebaek
12. Pyongwon
13. Sipjin
14. Jitae
15. Chonkwon
16. Hansu
17. Ilyeo

Tang Soo Do Poomsae

1. Kee Cho Hyung IL Bu
2. Kee Cho Hyung Ee Bu
3. Kee Cho Hyung Sam Bu
4. Pyung Ahn Cho Dan
5. Pyung Ahn Ee Dan
6. Pyung Ahn Sam Dan
7. Pyung Ahn Sa Dan
8. Pyung Ahn Oh Dan
9. Passai (Dae) / Bassai (Dae)
10. Passai So / Bassai So
11. Nai Han Ji Cho Dan
12. Nai Han Ji Ee Dan
13. Nai Han Ji Sam Dan
14. Ship Soo
15. Jin Do
16. Ro Hai / Lo Hai
17. Ro Hai Cho Dan
18. Ro Hai Ee Dan
19. Ro Hai Sam Dan
20. Kong Sang Koon Dae
22. Kong Sang Koon So
23. Sa Bang Kong Sang Koon
24. Ship Sam
25. Wang Shu
26. Ji On
27. Oh Ship Sa Bo So
28. Oh Ship Sa Bo Dae
29. Ee Ship Sa Bo
30. Woon Su
31. Sojin
32. Jiin
33. Sam Jin
34. Jun Jang
35. Ship Pal Soo
36. IL Baek Lyeong Pal Soo
37. Sam Ship Yuk Soo
38. Sai Hoo Ah
39. Goo Reung Hoo Ah
40. Chil Sung IL Ro Hyung
41. Chil Sung Ee Ro Hyung
42. Chil Sung Sam Ro Hyung
43. Chil Sung Sa Ro Hyung

44. Chil Sung Oh Ro Hyung
45. Chil Sung Yuk Ro Hyung
46. Chil Sung Chil Ro Hyung
47. Yuk Ro Cho Dan (Du Mun)
48. Yuk Ro Ee Dan (Joong Jeol)
49. Yuk Ro Sam Dan (Pol Wol)
50. Yuk Ro Sa Dan (Yang Pyun)
51. Yuk Ro Oh Dan (Sal Chu)
52. Yuk Ro Yuk Dan (Cheong Mo)
53. Ship Dan Khum Hyung IL Ro
54. Ship Dan Khum Hyung Ee Ro
55. Ship Dan Khum Hyung Sam Ro
56. Ship Dan Khum Hyung Sa Ro
57. Ship Dan Khum Hyung Oh Ro
58. Ship Dan Khum Hyung Yuk Ro
59. Ship Dan Khum Hyung Chil Ro
60. Ship Dan Khum Hyung Pal Ro
61. Ship Dan Khum Hyung Ku Ro
62. Ship Dan Khum Hyung Ship Ro
63. Hwa Sun Hyung