

International Combat Organization (ICO)

Official Competition Rules & Procedures

Forms (Kata) and Kumite

SECTION 1: FORMS (KATA) DIVISIONS

1.1 Kata Divisions Overview

A. Traditional Forms – Japanese / Okinawan (Style-Specific)

- Only **style-specific katas** are permitted.
- Katas must be selected from the **Official Kata List – Japanese/Okinawan Style-Specific**.

Approved Styles:

- Goju-Ryu
 - Shotokan
 - Shito-Ryu
 - Wado-Ryu
 - Shorin-Ryu
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B. Traditional Forms – Korean Styles

- Only Korean-style poomsae are permitted.
- Poomsae must be selected from the **Official Kata List – Korean Poomsae**.
- Poomsae may be performed **with or without sine wave**.

Approved Styles:

- ITF
 - WTF
 - Tang Soo Do
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C. Softstyle Forms (Chinese)

- Traditional Northern Styles
- Traditional Southern Styles
- Wushu
- Tai Chi

All Chinese softstyle divisions are **Open Divisions**.

The Tournament Director may separate divisions if participation warrants.

D. Hardstyle Forms

- Open to all Japanese, Okinawan, and Korean hard styles.
 - All forms must be selected from the **Official Kata List**.
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E. Traditional Forms “Challenge” – Japanese/Okinawan (Black Belts Only)

- Open to **black belt competitors only**.
 - Head-to-head elimination format (fighter-style bracket).
 - Judges determine winners by **flag decision**.
 - Competitors must prepare a **minimum of four (4) katas**.
 - Katas may not be repeated unless the competition exceeds four rounds.
 - If only three competitors are entered, a **round-robin format** will be used.
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SECTION 2: WEAPONS DIVISIONS

2.1 Traditional Weapons – Japanese / Okinawan

Approved Weapons:

- Bo
- Nunti Bo
- Eku
- Sai
- Nunchaku
- Kama
- Tonfa

- Katas must be selected from the **Official Weapon Kata List – Japanese/Okinawan Kobudo**.
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2.2 Traditional Weapons – Chinese

Approved Weapons Include (but are not limited to):

- Staff (Gun)
 - Broadsword (Dao)
 - Straight Sword (Jian)
 - Spear (Qiang)
 - Hook Sword (Gou)
 - Butterfly Swords (Hudie Dao)
 - Polearms (Guandao)
 - Chain Whip
 - Rope Dart
 - Fans
 - Forms may be **individually created**, provided they remain within traditional Chinese/Wushu/Softstyle principles.
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SECTION 3: OPEN FORMS CATEGORIES

3.1 Freestyle Forms (Empty Hand)

- Must be traditional in nature. These patterns are created by the club or individual using traditional techniques.
- Gymnastic movements are **not permitted**.
- Forward rolls are allowed.

3.2 Freestyle Weapons

- Must remain traditional in nature. These patterns are created by the club or individual using traditional techniques.
 - No weapon releases permitted.
 - Forward rolls allowed.
 - Weapon must remain in the competitor's hands at all times.
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3.3 Creative Forms

- A form in the Creative Division must include techniques which originate from martial arts and will be placed on execution of the techniques, difficulty, balance, speed, power, solid stances, performance and focus. 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. Scoring will be based on creativity and execution of form.
- Must include techniques that originate from the martial arts.
- No gymnastic inversions permitted.

3.4 Creative Weapons

- Includes all Creative Forms criteria plus weapon manipulation.
 - Must include **at least one (1) and no more than four (4) weapon releases.**
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3.5 Extreme Forms

- 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.
- Forms must include at least one gymnastic inversion.
- Scoring will be based on the martial arts creativity and execution of the form.

3.6 Extreme Weapons

- Includes Extreme Forms criteria.
 - Must include **one weapon release and one inversion.**
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SECTION 4: TEAM DIVISIONS

4.1 Team Synchronized Forms / Weapons

- Teams of **2–3 competitors.**
- 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/

4.2 Team Demonstration

- Teams of **5–25 competitors**.
 - 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.
 - Graded based on execution, presentation and difficulty.
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SECTION 5: FORMS RULES & PROCEDURES

Competition Area

- 8m x 8m performance area
- 1–2m safety perimeter

Judges Panel

- Three to five judges per division
- Judges selected by Chief Referee

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.

Judges Panel

- Will consist of 3-5 judges in the appropriate style division
- Judges will be selected by the Chief Referee or his/her designee
- 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.)
- Judges will sit in the corners of the ring, center judge being center of the ring.

Scoring Range

- 8.50 – 9.50 (Midpoint: 9.0)
- In the event of a tie, competitors will perform their kata again and judges will signal a winner by majority vote. Color belt divisions can perform same kata and Blackbelt divisions must perform a different kata (traditional).

Judging Criteria (10 Elements)

- Stances
- Technique
- Focus
- Breathing
- Transitions
- Timing
- Style Conformance
- Strength
- Speed
- Balance

Fouls for point deduction (Traditional Forms)

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

Fouls for Disqualification

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

Competitors

- 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)
- Flag of Country or ICO Country Patch must be placed on Uniform.

Operation of Kata Divisions (Traditional Challenge)

- Traditional Challenge Division will be for the Japanese/Okinawa Forms
- Division will run like a fighters bracket (Head to Head).
- 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.

- 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.
- 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.
- Both competitors can perform the katas simultaneously
- 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.
- 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.

Penalties and Disqualifications

1. Weapon Breaks

- 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 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.
- If the weapon is dropped or touches the floor unintentionally, the competitor will receive the lowest score but will not be disqualified.
- 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. Abuse of Equipment (Disqualification)

- Using any weapon to damage or destroy the tatami (Example: forcing a sword blade into the tatami)

5. Altering a Weapon

- 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)

- Stepping out of the designed performance area will result in deduction in points.
- Only Softstyle performances are allowed to step out of the performance area.

7. Starting a Form Over

- 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.

SECTION 6: KUMITE RULES (SHOBU SANBON)

Competition kumite is called Shobu Sanbon Kumite. This means that the first contestant with 3 Ippons, or 6 Waza-aris wins the bout. Competition kumite can very quickly become out of hand if a very stern approach is not taken by the panel. It is very important to keep the bout in control and within the rules. The safety of the competitors is of utmost importance.

Shobu Sanbon Kumite: A bout in which the first competitor to score **three (3) IPPON** or **six (6) WAZA-ARI** wins.

- Red Corner: **AKA**
- White Corner: **SHIRO**

Competition Area (Kumite)

- Tatami with clearly marked boundary lines
- Safety area surrounding the match area

Judges & Referee Panel

- Preferred panel of **five (5)** officials:
 - One (1) Centre Referee
 - Four (4) Corner Judges
- When required, a panel of **three (3)** officials may be used at the discretion of the Tournament Director.

Valid Scoring Areas

- Head / Face (controlled)
- Side of Neck
- Chest
- Abdomen
- Back (excluding shoulders)

Scoring Definitions

- **IPPON**: Full point (equivalent to two WAZA-ARI)
- **WAZA-ARI**: Half point

Victory Conditions

- First competitor to reach **Sanbon** (three IPPON or six WAZA-ARI)
- Opponent disqualification (**HANSOKU** or **SHIKKAKU**)
- **KIKEN** (withdrawal due to injury or inability to continue)
- **ENCHO-SEN** (30-second extension in the event of a tie)

A scoring technique counts as an IPPON (two waza-aris) when the following criteria are met:

- * Good form during execution. * Correct attitude. * Vigorous application.
- * Zanchin & Kime * Proper timing * Correct distance.

An IPPON is also scored when the technique is devoid of some of the above mentioned criteria, but strikes one of the following targets or meets the following criteria:

- Jodan Kicks o Scoring at the precise moment an opponent's attack is launched.
- (Intercept) o Deflecting an attack and scoring to the back.
- Sweep or throwing followed by a scoring technique.
- Scoring with a combination of techniques, which individually strike the target. Scoring with techniques of their own right. (WAZA-ARI, AWASETE IPPON)

A WAZA-ARI is scored when a technique does not reach all the IPPON criteria. The technique must still be of good quality. When judging, first look for IPPONS and then WAZA-ARIs.

- A scoring technique scored on the same time that the bout ends, is still a valid score.
 - No score can be given when the contestants are outside of the match area. If one contestant is in the match area and their opponent is outside the area, only the contestant inside the match area can be considered for scoring.
 - A victory by the opponent's disqualification will result in a 3 IPPON win.
 - Simultaneous scoring will result in no score. AUICHI
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SECTION 7: PENALTIES & DISQUALIFICATIONS

Warning Levels

- ATENAI (verbal warning)
- KEIKOKU (Waza-Ari penalty)
- HANSOKU-CHUI (Ippon penalty)
- HANSOKU (disqualification)
- SHIKKAKU (tournament disqualification)

Contact

Techniques must be controlled to all scoring areas. All takedowns must be controlled and the safety of the opponent must take a priority. No takedowns from the instep will be allowed. No takedowns where the opponents fall cannot be controlled will be allowed on any level.

No techniques such as open hand strikes to the face will be allowed.

Seniors

Senior competitors will be allowed skin touch contact to the face area, with semi contact to the body areas.

Juniors

Junior competitors, under 18 years of age, will be allowed to score when a technique is correctly executed within 3mm of the face and light touching of the face. Juniors will also be allowed light contact to the body areas. Juniors will be considered for an IPPON score for kicks such as Mawashi geri and Gyaku mawashi geri, landing between the shoulder and ear of the opponent.

SECTION 8: PROTEST PROCEDURES

- Protests may only be filed **before division begins**.
- Only fact-based conflicts of interest permitted.
- Final decision rests with Head Rules Arbitrator.

SECTION 9: JAPANESE TERMINOLOGY (OFFICIAL GLOSSARY)

All Japanese terminology used throughout this rulebook follows traditional Karate usage and shall be standardized across all ICO-sanctioned events. Judges, referees, and competitors are expected to understand and adhere to these terms.

AKA – Red corner competitor
SHIRO – White corner competitor
IPPON – Full point
WAZA-ARI – Half point
AIUCHI – Simultaneous techniques; no score awarded
YAME – Stop
HAJIME – Begin
TSUZUKETE HAJIME – Resume fighting
NO KACHI – Winner
HIKIWAKE – Draw
ENCHO-SEN – Time extension bout
ATENAI – Verbal warning; no penalty
KEIKOKU – Official warning; WAZA-ARI penalty
HANSOKU-CHUI – Serious warning; IPPON penalty
HANSOKU – Disqualification from bout
SHIKKAKU – Disqualification from tournament
JOGAI – Stepping out of bounds
MUBOBI – Self-endangerment
CHOKU – Excessive contact
ZANSHIN – Continued awareness and readiness
KIME – Focused power at point of impact
REI – Bow
SENSHU – First unopposed scoring advantage

SECTION 10: KUMITE FLOOR LAYOUT (OFFICIAL DIAGRAM)

The Kumite competition area shall be a square tatami with clearly defined boundary lines and a surrounding safety zone.

Official Positioning

- **Centre Referee:** Positioned centrally between competitors
- **Corner Judges:** Positioned at each diagonal corner of the tatami
- **Score Table:** Positioned directly in front of the Centre Referee
- **AKA (Red):** Stands to the referee's right
- **SHIRO (White):** Stands to the referee's left

The official ICO Kumite Floor Layout Diagram shall be included in the final published rulebook and used consistently at all sanctioned events.

SECTION 11: PENALTY ESCALATION TABLE

Penalties shall be applied progressively unless the infraction warrants immediate escalation.

Level	Japanese Term	Description	Penalty
1	ATENAI	Verbal warning	None
2	KEIKOKU	Official warning	WAZA-ARI awarded to opponent
3	HANSOKU-CHUI	Serious warning	IPPON awarded to opponent
4	HANSOKU	Disqualification from bout	Loss
5	SHIKKAKU	Disqualification from tournament	Removal

SECTION 12: REFEREE COMMANDS & MATCH FLOW

- **REI** – Bow (start and end of match)
- **HAJIME** – Begin
- **YAME** – Stop
- **TSUZUKETE HAJIME** – Resume fighting
- **IPPON / WAZA-ARI** – Score announcement
- **NO KACHI** – Winner declaration

Referees shall use Japanese commands clearly and decisively to ensure consistency and professionalism.

APPENDIX A: OFFICIAL KATA LISTS

(Full Japanese/Okinawan, Kobudo, and Korean Poomsae Lists retained exactly as submitted.)

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

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

Ekubō:

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 Manjisai
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. Ki Cho lol Bu
2. Ki Cho Ee Bu
3. Ki Cho 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. Sae Kye Hyung Il Bu
10. Sae Kye Hyung Ee Bu
11. Sae Kye Hyung Sam Bu
12. Bassai
13. Naihanchi Cho Dan
14. Naihanchi Ee Dan
15. Naihanchi Sam Dan
16. Sip Soo
17. Jin Do
18. Kong Sang Koon
19. Lo Hai
20. Jion