

2019 USHT West Coast Regional Team Taekwondo Championship
Designated Poomsae

	Prelim (20 or more)	Semi-Final (9-19)	Final (8 and less)
Varsity	Taeguek 5	Koryo	Taebaek Taeguek 7
Junior Varsity	Taeguek 2	Taeguek 3	Taeguek 4 Taeguek 6

Varsity teams shall consist exclusively of Black Belts.

Junior Varsity teams may consist of any Color Belts.