



INDIA TAEKWONDO

ACTIVITY REPORT

2025





WORLD TAEKWONDO INTERNATIONAL REFEREE SEMINAR & REFRESHER COURSE 2025

(KYORUGI & POOMSAE)

17TH TO 26TH JANUARY, 2025

SHREE SHIV CHHATRAPATI SPORTS COMPLEX,
PUNE, MAHARASHTRA, INDIA



INDIA TAEKWONDO
World Taekwondo International Referee
Seminar & Refresher Course.
(Kyorugi & Poomsae)

Venue : Shree Shiv Chhatrapati Sports Complex, Pune, Maharashtra
17th to 26th January, 2025.

India Taekwondo hosted an International Referee Seminar, a ten-day education program designed to benefit all Taekwondo National Referees by providing them the opportunity to become International Referees and offering a refresher course for existing Taekwondo International Referees.

The seminar was divided according to the formats of the game, Kyorugi held from January 17 to 21 & Poomsae from 21 to 26, 2025. This programme brought together referees from across the nation & a few International as well. The program included intensive training sessions, practical demonstrations, and assessments.

"This seminar is a milestone in our efforts to elevate the standards of Taekwondo & Para-Taekwondo officiating in India," said Mr. Namdev Shirgaonkar, President of India Taekwondo. "We are committed to providing continuous education and support to our referees."

Top Educators from World Taekwondo had come to give the best education available to all the participants. The Opening Ceremony was also done will with performance showing our Maharashtra Olympic Culture. Feta Ceremony, Tilak/Flower Ritual, Deep Jyoti, Ganesh Vandana, Nashik Dhool, Mallakham Demonstrations, Fusion Dance, Rhythmic Gymnastics.

Delegates & Guest of Honors –

- a. **Miss Seung Min Lee:** Deputy Secretary General, World Taekwondo Development & Education Department. "This is a new beginning for Taekwondo in India & World Taekwondo will be bringing many opportunities to India Taekwondo"
- b. **Mr. Namdev Shirgaonkar:** currently the president of India Taekwondo & Secretary General of Maharashtra Olympic Association.
- c. **Master Kiarash Bahari:** World Taekwondo Coordinator for India Taekwondo.
- d. **Mr. Mohammed Usman Dildar:** World Taekwondo Para Chair & Para Kyorugi Instructor. "Excellent venue, beautiful arrangements & amazing opportunity."
- e. **Master SONG CHUL KIM:** Kyorugi Instructor.
- f. **Mr. Jung Heon Kim:** Poomsae Instructor.
- g. **Master SEUNG HWAN KO:** Manager, World Taekwondo Development & Education Department
- h. **Dr. Joseph Ling:** Member of Korean Culture Centre.

A few guests showered us with their blessings – Amongst a few

- a. Shri. Kalyan Chaubey acting CEO Indian Olympic Association & President of the All India Football Federation.
- b. Hon. Shri RAJ JI Chowdhary ji, General secretary Kreeda Bharati
- c. Hon. Shri MILIND DANGE JI, Treasurer, Kreeda Bharati
- d. Shri shekhar Kulkarni Ji, Regional Coordinator west zone Kreeda Bharati
- e. Shri Jayawant Gundu Hamanawar: Secretary General of the Paralympic Committee of India (PCI).
- f. Dr. Rajat Aditya Dixshit, Treasurer of India Taekwondo

They all have said they will support India Taekwondo to the best of their abilities & win more medals at upcoming tournaments. Para-Taekwondo in India is growing fast & we all need to keep up with upcoming opportunities.

More than 175 Participants took advantage of this seminar & we wish India can produce better referees in the coming year.

Instagram Handle: @Indiateakwondo_official







3RD SENIOR NATIONAL CHAMPIONSHIP 2024 - 25

(KYORUGI)

27TH FEBRUARY TO
1ST MARCH, 2025

DIVISIONAL SPORTS COMPLEX,
NASHIK, MAHARASHTRA.



INDIA TAEKWONDO

3RD SENIOR NATIONAL CHAMPIONSHIP 2024-25

(Kyorugi)

EVENT OVERVIEW:

The **India Taekwondo 3rd Senior National Championship 2024 – 2025 (Kyorugi)** was successfully hosted at the **Divisional Sports Complex in Nashik, Maharashtra** from **February 27th to March 1st, 2025**. This prestigious event brought together top athletes from across the country to compete in various Kyorugi categories, showcasing their skills and sportsmanship.



PARTICIPANTS AND ATTENDANCE:

The championship witnessed participation from over 250+ athletes representing 29 different states and union territories. The event attracted an audience of approximately 1000+, including Taekwondo enthusiasts, supporters, and family members, creating an electrifying atmosphere.



HIGHLIGHTS:

Opening Ceremony: The event was inaugurated by **Acharya Mahamandaleshwar Shree Mahant Sudhirdas Maharaj & Mr Namdev Shirgaonkar** (President – India Taekwondo) who emphasized the importance of sportsmanship and the spirit of Taekwondo.



COMPETITIVE EVENTS:

The championship featured intense matches in various weight categories in both male & female. Highlights included remarkable performances by Indian International Athletes who displayed exceptional technique and determination.

The Athletes showed a lot of spirit & friendly banter.



RESULTS:

Individual Trophies as well as Team Trophies were given:

GOLD – SSCB

SILVER – Uttar Pradesh

BRONZE – IT Chandigarh



ORGANIZATIONAL SUCCESS:

The championship was organized flawlessly, thanks to the dedicated efforts of the organizing committee, international referees, national referees, medical team, hospitality team, volunteers, and housekeeping staff. Special thanks to **Mr. Namdev Shirgaonkar - President of India Taekwondo** who was present during the whole event & gave his invaluable contributions to the success of the event, making sure of resolving any bottlenecks that arrived which were very few for a major event like this one.



CONCLUSION:

The **India Taekwondo 3rd Senior National Championship - Kyorugi** has not only provided a platform for athletes to demonstrate their skills but also fostered a sense of community and sportsmanship among participants and spectators. The event has set a high standard for future championships and has greatly contributed to the promotion and growth of Taekwondo in India.

This platform will give a much-needed platform to represent India. Selected athletes will get to participate at the WT world championships.

We extend our heartfelt gratitude to all athletes, coaches, officials, volunteers, sponsors, and supporters for their unwavering dedication and support.



SENIOR & CADET CHAMPION OF CHAMPIONS 2025 (KYORUGI & POOMSAE)

1ST TO 3RD
MARCH, 2025

DIVISIONAL SPORTS COMPLEX,
NASHIK, MAHARASHTRA.



INDIA TAEKWONDO

CHAMPION OF CHAMPIONS SENIOR & CADET 2025

(Kyorugi & Poomsae)

EVENT OVERVIEW:

The **India Taekwondo COC Senior & Cadet Championship - Kyorugi & Poomsae** was successfully hosted at the **Divisional Sports Complex in Nashik, Maharashtra** from **March 1st to 3rd, 2025**. This prestigious event brought together athletes from across the country to compete in various Kyorugi & Poomsae categories, showcasing their skills and sportsmanship.



PARTICIPANTS AND ATTENDANCE:

The championship witnessed participation from over 500+ athletes (Cadet 300 senior 130 Kyorugi & 85+ Poomsae). The event attracted an audience of approximately 1500+, including Taekwondo enthusiasts, supporters, and family members, creating an electrifying atmosphere.



HIGHLIGHTS:

Opening Ceremony: The event was inaugurated by **Mr. Namdev Shirgaonkar** (President of India Taekwondo, 8 state representatives (presidents & secretaries), who emphasized the importance of sportsmanship and the spirit of Taekwondo. He motivated the athletes & referees to put on a good show together.



COMPETITIVE EVENTS:

The championship featured intense matches in various weight categories in both male & female. Highlights included remarkable performances by Indian International Athletes who displayed exceptional technique and determination.

The Athletes showed a lot of spirit & friendly banter.



RESULTS:



ORGANIZATIONAL SUCCESS:

The championship was organized flawlessly, thanks to the dedicated efforts of the organizing committee, international referees, national referees, medical team, hospitality team, volunteers, and housekeeping staff. Special thanks to **Mr. Pravin Shirgaonkar - COO of India Taekwondo** who was present during the whole event & gave his invaluable contributions to the success of the event, making sure of resolving any bottlenecks that arrived which were very few for a major event like this one.



CONCLUSION:

We extend our heartfelt gratitude to all athletes, coaches, officials, volunteers, sponsors, and supporters for their unwavering dedication and support



1ST FEDERATION CUP 2024–2025

(SUB-JUNIOR, CADET, JUNIOR & SENIOR – KYORUGI & POOMSAE)

2ND KIDS CHAMPION OF CHAMPIONS 2025

(KYORUGI & POOMSAE)

25TH APRIL TO 1ST MAY 2025

DIVISIONAL SPORTS COMPLEX, NASHIK, MAHARASHTRA.

ACTIVITY REPORT





1ST FEDERATION CUP 2024–2025 (SUB-JUNIOR, CADET, JUNIOR & SENIOR – KYORUGI & POOMSAE)

2ND KIDS CHAMPION OF CHAMPIONS 2025 (KYORUGI & POOMSAE)

The 1st Federation Cup 2024–2025 (Sub-Junior, Cadet, Junior & Senior – Kyorugi & Poomsae) and the **2nd Kids Champion of Champions 2025** (Kyorugi & Poomsae) were successfully organized by **India Taekwondo** from **25th April to 1st May 2025** at the **Divisional Sports Complex, Nashik, Maharashtra**.

A total of **1239 athletes** participated in the Federation Cup and **500+ athletes** took part in the Kids Champion of Champions event.

OPENING CEREMONY:-

The opening ceremony was conducted in a simple yet energetic manner. Officials from India Taekwondo, referees, coaches, and representatives from participating states were present. The event officially commenced with welcoming remarks and introductions.





COMPETITION SUMMARY





COMPETITION SUMMARY



Both competitions featured a large number of matches across Kyorugi and Poomsae categories in various age divisions. All athletes demonstrated strong skills, discipline, and excellent sportsmanship.

TOTAL PARTICIPATION:

- Federation Cup: **1239 athletes**
- Kids Champion of Champions: **500+ athletes**

MEDIA AND COVERAGE:-

Key highlights, photographs, and match moments were shared through India Taekwondo official social media platforms. Local media also provided coverage, helping promote the event widely.



RESULTS

1ST FEDERATION CUP 2024–2025 | 25TH & 29TH APRIL, 2025



1ST PLACE
MAHARASHTRA

2ND PLACE
UTTAR PRADESH



3RD PLACE
HARYANA



WINNERS

2ND KIDS CHAMPION OF CHAMPIONS 2025 | 29TH APRIL TO 1ST MAY, 2025





CLOSING CEREMONY

The closing ceremony celebrated the efforts and performances of all participating athletes. Trophies and certificates were awarded to the winning states and individual medallists. Special appreciation was extended to officials, coaches, referees, and volunteers for their dedicated support. The event concluded on a positive note, encouraging athletes for future competitions.

Both competitions were conducted successfully with high participation and smooth technical management. The event reflected strong organization and national-level standards. India Taekwondo remains committed to hosting more high-quality events and providing enhanced opportunities for athletes across the country.



JAI HIND !



Fujairah 2025 World Taekwondo Cadet Championship

Fujairah, UAE | 10th to 14th May, 2025

ACTIVITY REPORT

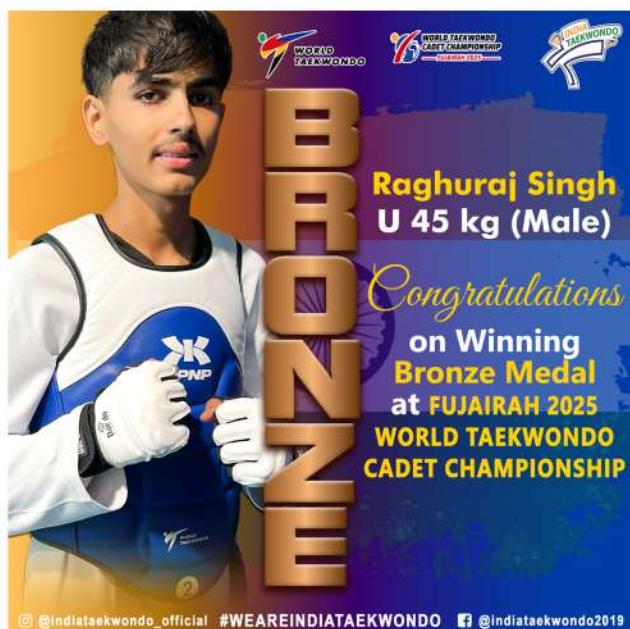


Athlete Performance:

Raghuraj Singh represented India in the Under 45 kg (Male) category at the Fujairah 2025 World Taekwondo Cadet Championship. He demonstrated exceptional skill, discipline, and determination throughout the competition, advancing through multiple challenging rounds. His consistent performance, strategic approach, and technical execution enabled him to secure the Bronze Medal in a highly competitive field.

This achievement represents a significant milestone for India in cadet-level international Taekwondo competitions. It reflects the growing standard of training, preparation, and performance of Indian athletes in global events. Raghuraj Singh's success contributes to India's overall medal tally at the championship and underscores the country's emerging presence and competitiveness in the international Taekwondo arena.

The performance also highlights the effectiveness of India's athlete development programs and the dedication of the coaching staff in preparing young athletes for high-level international competitions.





Fujairah 2025 World Taekwondo Cadet Championship

Fujairah, UAE | 10th to 14th May, 2025

THANK YOU!



INDIA TAEKWONDO

4TH CADET & JUNIOR NATIONAL TAEKWONDO CHAMPIONSHIP 2025 (Kyorugi)

EVENT OVERVIEW:

The **4th Cadet and Junior National Taekwondo Championship 2025** was successfully conducted from **29th May to 1st June 2025 in Dehradun, Uttarakhand**. The championship brought together the country's most promising young athletes in a grand sporting event filled with discipline, spirit, and national pride.



OPENING CEREMONY HIGHLIGHTS:

The opening ceremony on 30th May 2025 was marked by the gracious presence of **Hon'ble Rekha Arya, Sports Minister of Uttarakhand**, who served as the Chief Guest. Also present were:

- **Mr. Namdev Shirgaonkar**, President, India Taekwondo
- **Shri Khajan Das**, MLA, Dehradun
- **Shri Subodh Uniyal**, Forest Minister, Uttarakhand
- **Shri Sunil Uniyal** Hon'ble Mayor, Dehradun
- **Shri Amitabh Sharma**, Executive Member, Indian Olympic And

other eminent dignitaries and officials. Their collective support reflects the growing recognition of Taekwondo as a vital discipline in youth development and self-defense training.



SPORTS LEGACY PROGRAM:

During the event, a joint initiative was announced under the Sports Legacy Program, in collaboration with India Taekwondo and the Government of Uttarakhand, aimed at:

- Building a state-level Taekwondo development structure
- Launching grassroots programs and school outreach
- Creating training and infrastructure opportunities for para and able-bodied athletes
- Supporting long-term talent nurturing and Olympic vision

This collaboration will ensure a strong and sustainable future for Taekwondo in Uttarakhand.



COMPETITION SUMMARY:

The championship hosted teams from across India competing in both ***Kyorugi (sparring) and Poomsae (forms)***. Each bout was conducted under national-level officiating standards, with excellent coordination by referees, volunteers, and support staff.



RESULTS:

Final Team Standings:

1st Position – ASSAM

2nd Position – Uttar Pradesh

3rd Position – HARYANA



CLOSING CEREMONY:

The event concluded on 1st June 2025 with a vibrant closing ceremony. Winning athletes were felicitated with medals and certificates. The dignitaries congratulated all participants for showcasing discipline and exceptional talent.



CONCLUSION:

The **4th Cadet and Junior National Taekwondo Championship 2025** was a grand success, both in terms of competitive spirit and organizational excellence. The event reaffirmed Uttarakhand's commitment to youth sports and paved the way for a strong Taekwondo legacy in the state.

The Uttarakhand Taekwondo and Para Taekwondo Association extends its heartfelt gratitude to the Government of Uttarakhand, India Taekwondo, all guests, athletes, technical officials, volunteers, and the press for their invaluable contributions.



10th Asian Para Taekwondo Championships 2025

(Kyorugi & Poomsae)

Kuching, Malaysia | 31st July – 1st August, 2025

ACTIVITY REPORT



India's Historic Achievements

Team India delivered an exceptional performance at the 10th Asian Para Taekwondo Championships 2025, achieving remarkable results in both Para Poomsae and Para Kyorugi events. These achievements mark a proud milestone for Indian Para Taekwondo.

Achievements

10th Asian Para Poomsae Taekwondo Championships

Team India brought home a total of 16 medals in Para



Women's Team Second Place
Best Female Team

Individual Achievements

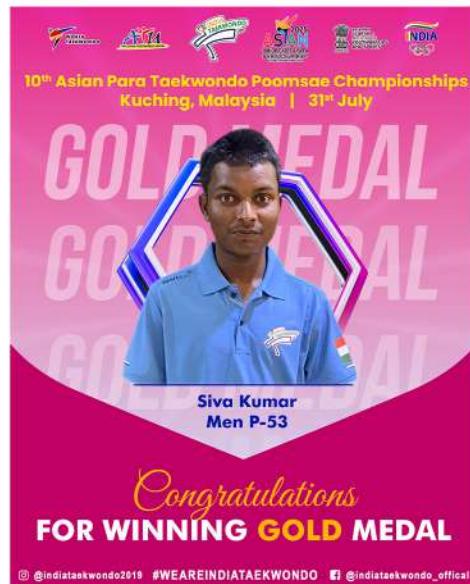
10th Asian Para Poomsae Taekwondo Championships



Moorthy Thirupathi (Male, P72)
Gold

Naman Chadah (Male, P23)
Gold

Anand Dhone (Male, P34)
Gold



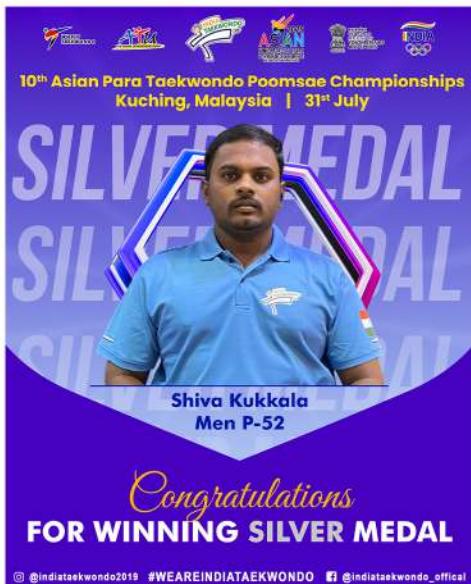
Siva Kumar (Male, P53)
Gold



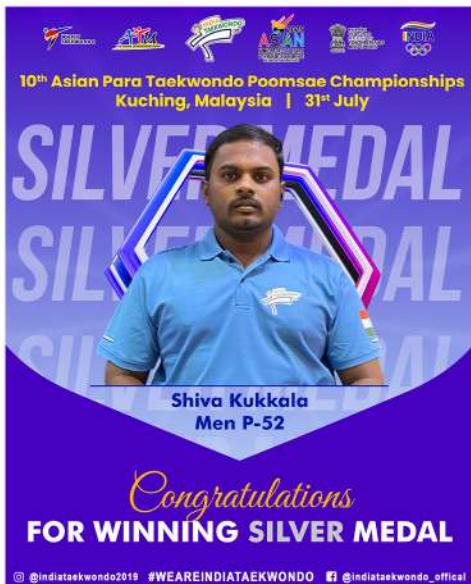
Shiva Kukkala (Male, P52)
Silver



Anand Dhone (Male, P34)
Gold



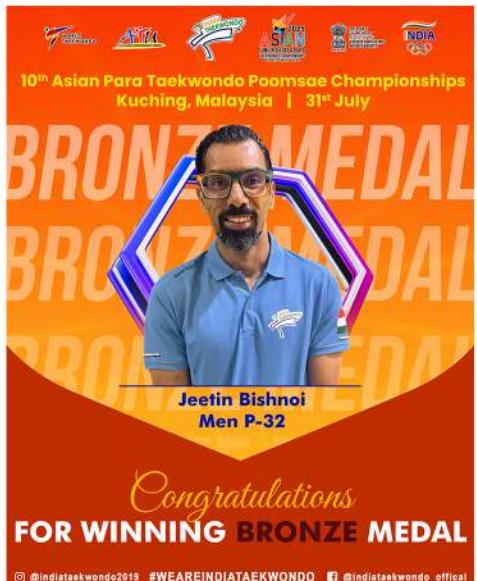
Shiva Kukkala (Male, P52)
Silver



Mohammed Sameer Sheriff (Male, P21) – Silver

Individual Achievements

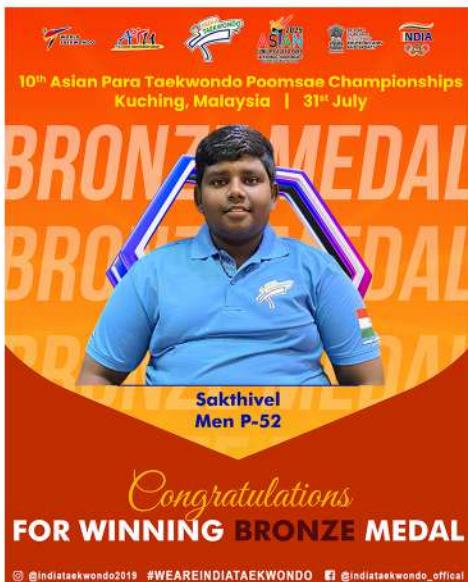
10th Asian Para Poomsae Taekwondo Championships



Goutham Yadav E (Male, P51)
Silver

Kathir Dhanasekaran (Male, P72)
Silver

Jeetin Kumar Bishnoi (Male, P32)
Bronze



Sakthivel G (Male, P52)
Bronze

Rinchen Youdol (Female, P34)
Gold

Nemat Kaur (Female, P33)
Gold

Individual Achievements

10th Asian Para Poomsae Taekwondo Championships



**Radha Sivakumar
(Female, P72)**
Silver



Pooja Pooja (Female, P34)
Silver



**Macharla Krishnaveni
(Female, P52)**
Bronze



**Aruna Sivakumar
(Female, P72)**
Bronze

Special Honors:



Tushar Sinalkar - Best Coach
10th Asian Para Taekwondo Poomsae Championship 2025

Tushar Sinalkar – Best Coach of the Championship



Jeetin Bishnoi - Good Fighting Spirit Prize
10th Asian Para Taekwondo Poomsae Championship 2025

Jeetin Bishnoi – Spirit That Shines Award, recognizing his inspiring journey and fighting spirit

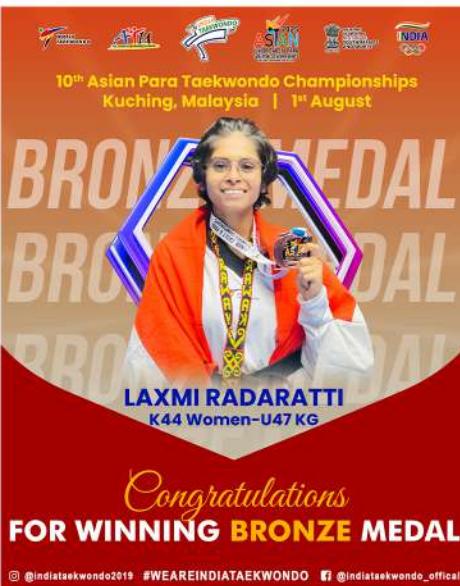
Achievement Highlight:

Team India's 16-medal haul, including the Best Male Team title and strong female team performance, set new benchmarks for Para Poomsae in Asia. The athletes' dedication and determination have firmly established India on the global Para Taekwondo map.

Achievements

10th Asian Para Kyorugi Taekwondo Championships

Team India also made a strong start in Para Kyorugi with 3 medals on the opening day.



Achievements Highlight:

These results reflect the athletes' skill, discipline, and fighting spirit, laying a strong foundation for continued success throughout the championship.

Conclusion

With a combined total of 19 medals across Para Poomsae and Para Kyorugi, including Best Male Team honors and individual accolades, Team India has created history at the 10th Asian Para Taekwondo Championships 2025.

This landmark achievement is a testament to the hard work, resilience, and talent of Indian Para Taekwondo athletes and coaches. Their extraordinary success will inspire generations to come and elevate India's stature in the international Para Taekwondo community.



10th Asian Para Taekwondo Championships 2025

(Kyorugi & Poomsae)

Kuching, Malaysia | 31st July – 1st August, 2025

THANK YOU!



**13th Asian Junior & 6th Asian Cadet Taekwondo
Championships (Kyorugi) and
8th Asian Junior & 6th Asian Cadet Taekwondo
Championships (Poomsae)**

Kuching, Malaysia | 24th to 30th July, 2025

ACTIVITY REPORT



INDIA TAEKWONDO CREATES HISTORY AT THE 13TH ASIAN JUNIOR & 6TH ASIAN CADET TAEKWONDO CHAMPIONSHIPS 2025, MALAYSIA

A Proud Moment for India! India Taekwondo is proud to announce its remarkable achievement at the **13th Asian Junior Taekwondo Championships and the 6th Asian Cadet Taekwondo Championships held in Malaysia**. Our young athletes brought immense pride to the nation by winning multiple historic Bronze medals, marking another milestone for Indian Taekwondo on the continental stage.

ABOUT THE CHAMPIONSHIPS

The Asian Junior and Cadet Taekwondo Championships, organized by the Asian Taekwondo Union (ATU) under the patronage of World Taekwondo (WT), serve as a prestigious platform to nurture and showcase Asia's top young Taekwondo talents. The 2025 edition, held in Malaysia, witnessed participation from elite athletes representing over 40 nations, displaying the true spirit of skill, discipline, and sportsmanship.



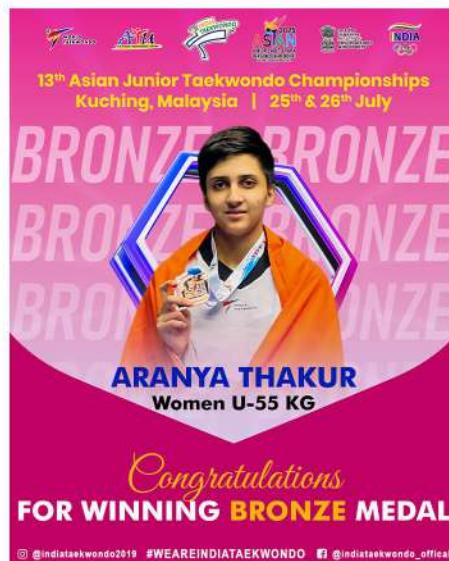
INDIA TAEKWONDO'S ROAD TO GLORY

To ensure fair and transparent selection, **India Taekwondo** conducted Open Selection Trials for the respective categories of both Junior and Cadet divisions. From these trials, the best-performing athletes were shortlisted alongside national medalists and previous international participants for the final selection trials.

Under the guidance and support of the **Indian Olympic Association (IOA) and the Ministry of Youth Affairs & Sports**, Government of India, the selected athletes underwent an intensive National Training Camp, which included technical drills, physical conditioning, and tactical sessions to prepare for the high-level continental competition.

MEDAL WINNERS

13TH ASIAN JUNIOR TAEKWONDO CHAMPIONSHIPS 25TH & 26TH JULY 2025



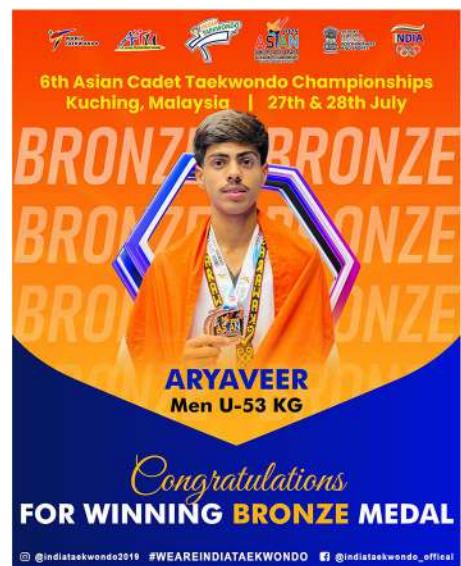
6TH ASIAN CADET TAEKWONDO CHAMPIONSHIPS 27TH & 28TH JULY 2025



MEDAL WINNERS

6TH ASIAN CADET TAEKWONDO CHAMPIONSHIPS

27TH & 28TH JULY 2025



8TH ASIAN JUNIOR & 6TH ASIAN CADET TAEKWONDO CHAMPIONSHIPS (POOMSAE)

India participated with pride and determination in the two continental Poomsae championships held in Kuching, Sarawak, Malaysia on 29 and 30 July 2025. The Indian team competed across various Junior and Cadet Poomsae divisions, showcasing strong technical skills, discipline, and sportsmanship throughout the event.

The championships provided an excellent platform for India's young athletes to gain valuable international exposure and experience at the Asian level. The overall performance of the team reflected consistent progress, focused preparation, and growing competitiveness in Poomsae.

The federation acknowledges and appreciates the efforts of all athletes, coaches, and support staff for their commitment and contribution in representing India on this prestigious stage.

ACKNOWLEDGMENT

India Taekwondo extends heartfelt gratitude to the **Indian Olympic Association (IOA), Ministry of Youth Affairs & Sports, World Taekwondo, and the Asian Taekwondo Union (ATU)** for their unwavering support and encouragement. Special appreciation to all coaches, technical officials, and the Indian Taekwondo community for their relentless efforts in nurturing and developing young Indian talent.

Together, we celebrate this proud moment and continue striving for greater achievements in the years ahead.



JAI HIND !



13th Asian Junior & 6th Asian Cadet Taekwondo Championships (Kyorugi) and 8th Asian Junior & 6th Asian Cadet Taekwondo Championships (Poomsae)

Kuching, Malaysia | 24th to 30th July, 2025

THANK YOU!





4TH SUB-JUNIOR AND SENIOR NATIONAL CHAMPIONSHIP 2025

(KYORUGI AND POOMSAE)

JAWAHARLAL NEHRU INDOOR STADIUM, CUTTACK, ODISHA
28TH AUG TO 2ND SEPTEMBER, 2025

ACTIVITY REPORT

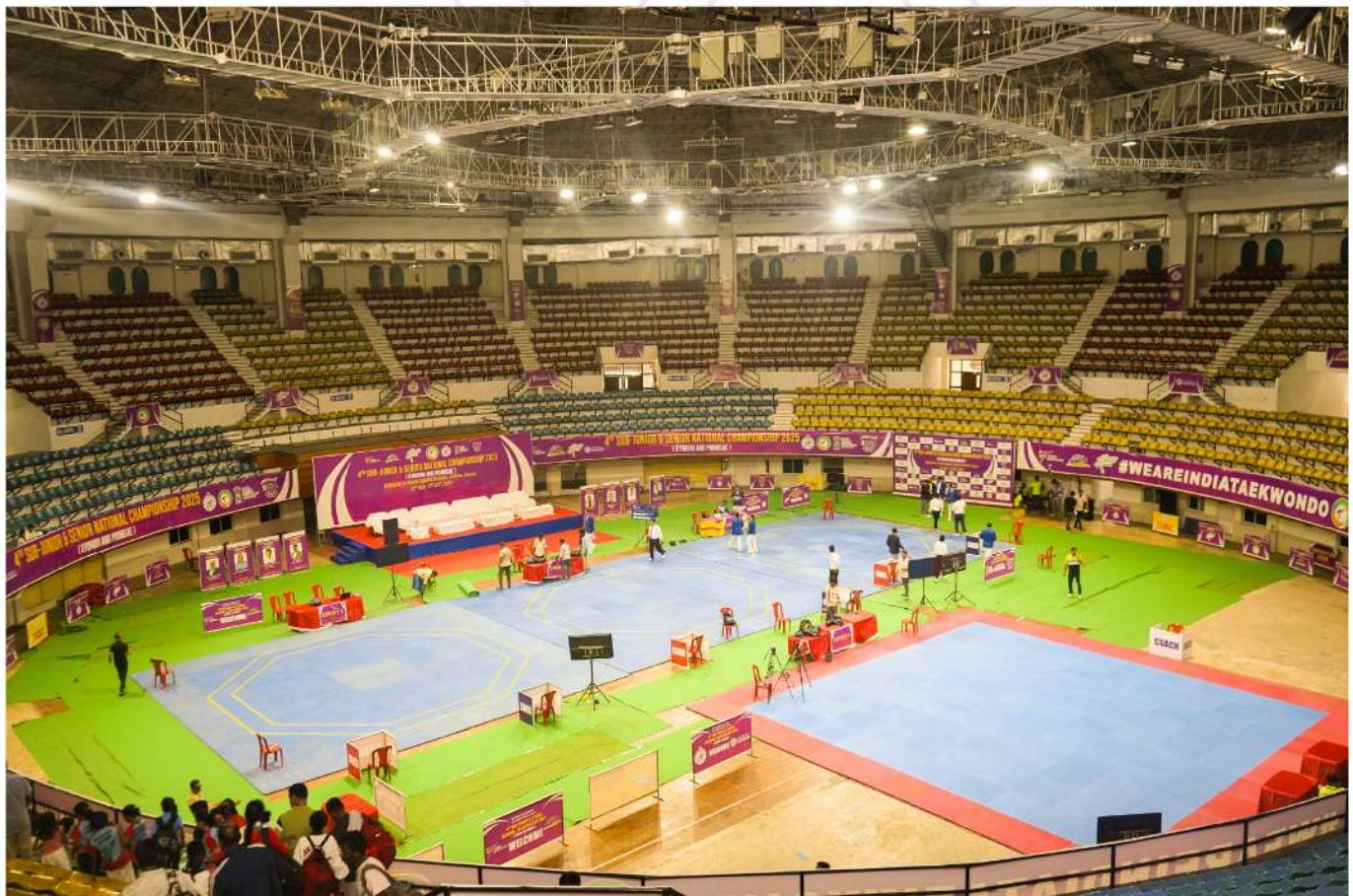


OVERVIEW:-

- The 4th Senior & Sub-Junior National Taekwondo Championship 2025 brought together over 1,000 athletes from across India, celebrating skill, discipline, and unity in martial arts. Held at the prestigious Jawaharlal Nehru Indoor Stadium in Cuttack, Odisha, the event showcased the growing strength of Taekwondo at both senior and grassroots levels.

Senior Category Athletes: 400+

Sub-Junior Category Athletes: 600+



OPENING CEREMONY:-

- The championship kicked off on 31st August, coinciding with National Sports Day, adding a patriotic and inspirational tone to the proceedings. The Opening Ceremony was graced by the Hon'ble Chief Minister of Sikkim, Shri Prem Singh Tamang, whose presence underscored the importance of youth development and inter-state collaboration in sports.



COMPETITION SUMMARY:-

- Over three days, athletes competed across multiple weight categories and age divisions, delivering electrifying performances and demonstrating the spirit of Taekwondo.
- High-intensity matches captivated spectators and dignitaries.
- Technical precision and sportsmanship were evident throughout.
- Coaches and referees ensured smooth execution under official India Taekwondo guidelines.





CLOSING CEREMONY

- The Closing Ceremony on 2nd September honored the achievements of athletes, coaches, and organizers. Esteemed guests included:

Mr. Namdev Shirgaonkar, President of India Taekwondo

Mr. Suryabansi Suraj, Hon'ble Sports Minister of Odisha

Their presence added prestige to the medal distribution and reinforced the commitment to nurturing Taekwondo across India.





MEDIA AND COVERAGE

- The event received strong media attention, with highlights shared across social platforms and regional news outlets. Athlete interviews, match footage, and ceremony snapshots contributed to nationwide visibility.

CLOSING REMARKS

- The 4th Senior & Sub-Junior National Taekwondo Championship 2025 was a resounding success, blending competitive excellence with cultural pride. India Taekwondo extends heartfelt gratitude to all athletes, officials, volunteers, and dignitaries who made this event memorable.





4TH SUB-JUNIOR AND SENIOR NATIONAL CHAMPIONSHIP 2025

(KYORUGI AND POOMSAE)

JAWAHARLAL NEHRU INDOOR STADIUM, CUTTACK, ODISHA

28TH AUG TO 2ND SEPTEMBER, 2025

THANK YOU!



INDIA TAEKWONDO CREATES HISTORY AT THE 3RD ASIAN YOUTH GAMES 2025, BAHRAIN

A Proud Moment for India! India Taekwondo is proud to announce its remarkable achievement at the **3rd Asian Youth Games 2025 held in Bahrain**. Our athletes brought immense pride to the nation by winning three historic Bronze medals, marking a significant milestone for Indian Taekwondo on the continental stage.

ABOUT THE 3RD ASIAN YOUTH GAMES 2025

The Asian Youth Games, a multi-sport event organized by the Olympic Council of Asia, serve as a platform to nurture and celebrate young sporting talent from across the continent. The 2025 edition in Bahrain saw participation from top athletes representing over 40 nations, showcasing the spirit of unity, determination, and excellence.



INDIA TAEKWONDO'S ROAD TO GLORY

To ensure fair and transparent selection, India Taekwondo organized Open Selection Trials for the newly introduced categories in the competition. From these trials, qualified athletes were chosen alongside national medalists and previous international participants for the final selection trials. After multiple stages of evaluation and performance assessment, the final team was formed to represent India in this prestigious championship.

Under the guidance and support of the **Indian Olympic Association (IOA) and the Ministry of Youth Affairs & Sports, Government of India**, the selected athletes underwent an intensive one-month National Training Camp, which included technical drills, physical conditioning, and tactical sessions to prepare for the high-level event.

MEDAL WINNERS

1. Debashish Das

Event: Recognized Poomsae (Individual Category)

Debashish Das showcased remarkable skill and composure, securing a **Bronze Medal** after reaching the semifinals. His performance brought immense pride to India and stands as a testament to his dedication and discipline.



2. Yashwini Singh & Shivanshu Patel

Event: Recognized Poomsae (Pair Category)

Debashish Das showcased remarkable skill and composure, securing a **Bronze Medal** after reaching the semifinals. His performance brought immense pride to India and stands as a testament to his dedication and discipline.



MEDAL WINNERS

3. Dhanashree Pawar, Gharlaxmi, Nihal Dewali & Hardik Ahlawat Event: Kyorugi (Mixed Team Category)

Team India fought valiantly and clinched a **Bronze Medal**, marking a historic achievement in the Kyorugi mixed team format at the Asian Youth Games.



ACKNOWLEDGMENT

India Taekwondo extends heartfelt gratitude to the **Indian Olympic Association, Ministry of Youth Affairs & Sports, World Taekwondo**, and the **Asian Taekwondo Union** for their continuous support and encouragement. A special thanks to all coaches, technical officials, and the Indian Taekwondo community for their relentless contribution toward nurturing young talent.

Together, we celebrate this historic moment and look forward to greater achievements in the years ahead.



JAI HIND !



WORLD
TAEKWONDO
UNDER-21
CHAMPIONSHIPS
KENYA

ACTIVITY REPORT



INDIA TAEKWONDO CREATES HISTORY AT THE WORLD TAEKWONDO U-21 CHAMPIONSHIPS, NAIROBI

A Proud Moment for India! India Taekwondo is proud to announce its remarkable achievement at the **World Taekwondo U-21 Championships, Nairobi**. Our athletes brought immense pride to the nation by winning **One Silver & One Bronze medals**, marking a significant milestone for Indian Taekwondo on the world stage.

ABOUT THE CHAMPIONSHIP

The World Taekwondo U-21 Championships in Nairobi brought together the finest young Taekwondo athletes from across the globe. This prestigious event provided a major platform for emerging talent to compete at an international level while showcasing skill, discipline, and sportsmanship. India Taekwondo participated with a determined and well-prepared squad, aiming to make a strong impact on the world stage.



INDIA TAEKWONDO'S ROAD TO GLORY

India Taekwondo followed a structured and transparent pathway to select and prepare its U-21 team for the championships.

- Open Selection Trials were conducted on **8th & 9th November 2025 at Shah Satnam Ji Boys College, Sirsa, Haryana**.
- The first-place athletes from each weight category were selected for the 20-day National Training Camp.
- The camp focused on advanced training, technical sharpening, and competition readiness under expert national coaches.

After this intensive preparation, the India Taekwondo contingent represented the nation at the World Taekwondo U-21 Championships in Nairobi, delivering one of the most remarkable performances in recent years.

MEDAL WINNERS

1. Ankit Mer Silver Medal (Under-54 kg)



2. Nitesh Singh Bronze Medal (Under-63 kg)



MEDAL WINNERS

3. GOOD FIGHTING SPIRIT AWARD

Team India

India's athletes competed with heart, courage, and discipline from start to finish. Their spirited performance on the world stage was *honoured with the Good Fighting Spirit Award*.



ACKNOWLEDGMENT

India Taekwondo extends heartfelt appreciation to all **athletes, coaches, officials, and support staff** for their dedication throughout the trials, training camp, and championships. We also acknowledge the unwavering support of parents, state associations, and the entire Taekwondo community. Their encouragement and belief in the athletes played a vital role in this success.

This memorable performance marks a proud chapter in India Taekwondo's journey and inspires the next generation of champions.



JAI HIND !



YOUTH ASIAN PARA GAMES 2025 DUBAI

ACTIVITY REPORT





INDIA PARA TAEKWONDO MAKES THE NATION PROUD AT THE ASIAN YOUTH PARA GAMES 2025, DUBAI

A MOMENT OF PRIDE FOR EVERY INDIAN

India Para Taekwondo proudly celebrates a remarkable achievement at the **Asian Youth Para Games 2025**, held in **Dubai, United Arab Emirates**, from **07 to 14 December 2025**. Competing against Asia's best young para-athletes, the Indian contingent delivered a commendable performance, winning **two Bronze medals** and further strengthening India's presence on the continental para-sport stage.

These medals are more than podium finishes—they represent resilience, discipline, belief, and the growing strength of **Para Taekwondo in India**.

ABOUT THE ASIAN YOUTH PARA GAMES 2025

The Asian Youth Para Games, organized by the **Asian Paralympic Committee**, serve as a premier multi-sport platform for elite youth para-athletes across Asia. The **2025 edition in Dubai** brought together athletes from **18 participating countries**, creating an environment focused on high-level competition, inclusion, sportsmanship, and long-term athlete development.

For many athletes, the Games provided vital international competitive exposure and performance benchmarking, essential for future progression toward senior-level championships.

INDIA PARA TAEKWONDO – PARTICIPATION & PERFORMANCE OVERVIEW

- **Event Name:** Asian Youth Para Games 2025
- **Sport:** Para Taekwondo (K44 Category)
- **Location:** Dubai, United Arab Emirates
- **Duration:** 07–14 December 2025
- **Participating Countries:** 18
- **Total Para Taekwondo Athletes:** 92

The Indian Para Taekwondo team showcased determination, technical growth, and competitive maturity throughout the event. Along with securing two Bronze medals, other athletes gained valuable international match experience that will play a crucial role in their future competitive journey.

INDIAN TEAM DETAILS – PARA TAEKWONDO (K44)

Name	Gender	Category	Result
Muskan	FEMALE	K41/K44 -52 kg	Bronze Medal
Linciya A	FEMALE	K41/K44 +65 kg	Bronze Medal
Parth Bhardwaj	MALE	K41/K44 +80 kg	Participation
Karthik	MALE	K41/K44 -80 kg	Participation
Prashanth Reddy	MALE	K41/K44 -58 kg	Participation
P.Janani	FEMALE	K41/K44 -57 kg	Participation
Karkuvelraj M	MALE	K41/K44 -70 kg	Participation

INDIA PARA TAEKWONDO OPEN SELECTION TRIALS

India Para Taekwondo Open Selection Trials were conducted on **27th and 28th September 2025** at **Lovely Professional University (LPU), Phagwara, Punjab**, to select athletes for the **Asian Youth Para Games 2025, Dubai**. The trials were held in a transparent and merit-based manner, ensuring the selection of technically capable and competition-ready athletes, and served as a strong foundation for the subsequent pre-competition training camp.



PRE-COMPETITION TRAINING CAMP

In preparation for the Games, a specialized national training camp was organized to ensure optimal **technical, physical, and psychological readiness** of the athletes.

Camp Details

- **Period:** 18 November 2025 to 05 December 2025
- **Venue:** MWS Taekwondo Academy, Vasundhra, Ghaziabad

Objectives of the Camp

- Final technical and tactical preparation
- Event-specific physical conditioning
- Weight management and classification readiness
- Psychological preparedness for international competition
- Match simulations under international competition rules

Training Focus Areas

- **Technical Training:** Accuracy, timing, counter-attacks, defensive transitions
- **Tactical Preparation:** Match strategies tailored to international opponents
- **Physical Conditioning:** Speed, agility, power, and endurance
- **Recovery Protocols:** Physiotherapy support, mobility work, and regeneration
- **Mock Competitions:** Simulated bouts under international refereeing conditions

The camp was conducted in a disciplined, structured, and high-performance environment. Athletes demonstrated strong commitment, adaptability, and consistency throughout the preparation phase, which reflected positively in their performances in Dubai.



MEDAL WINNERS

1. MUSKAN

Bronze Medal (Para Taekwondo Kyorugi – Under 52 kg (K44))

Muskan delivered a confident and courageous performance, displaying technical maturity and tactical awareness against strong international opponents. Her Bronze Medal reflects her perseverance, discipline, and never-give-up spirit.



2. LINCIYA

Bronze Medal (Para Taekwondo Kyorugi – Over 65 kg (K44))

Linciya produced a powerful and composed performance to secure a Bronze Medal in the Over 65 kg category. Her achievement highlights her strength, patience, and effective execution under pressure.



Both medal winners demonstrated excellent composure, technical efficiency, and tactical execution, contributing significantly to India's overall success in Para Taekwondo.

CONTRIBUTION BEYOND MEDALS

While two athletes reached the podium, other members of the Indian contingent gained crucial international exposure by competing against Asia's top youth para-athletes. This experience will be instrumental in shaping their long-term performance trajectory and preparing them for future continental and world-level events.

GRATITUDE & ACKNOWLEDGEMENT



India Para Taekwondo extends sincere gratitude to the **Asian Paralympic Committee, Indian Paralympic Committee, World Taekwondo**, and all supporting bodies for their continued guidance and encouragement.

Special appreciation is extended to the **coaches, technical officials, medical team, and support staff**, whose dedicated efforts played a vital role in the team's preparation and success.

Above all, we salute our athletes—the true ambassadors of courage and determination—who proved that limitations exist only to be overcome. As we celebrate this proud achievement, **India Para Taekwondo looks ahead with renewed confidence and commitment toward a stronger and more successful future.**

Veena
VEENA ARORA
COACH


SUJEEET KUMAR
COACH

JAI HIND !