



World Para Taekwondo Newsletter

May 2024 | Issue #45

Para athletes gear up for Paris 2024 Paralympic Games in style



Exciting contests take centerstage in Europe, Asia



Thrilling contests were underway at European Para Taekwondo C'ships, Asia Para Taekwondo Open C'ships and Pan America Para Taekwondo C'ships, as athletes showed glimpses of what's coming up in Paris in three month's time

With the Paris 2024 Paralympic Games less than 100 days to go, Para athletes are gearing up for the all-important event in style.

In a busy month of May which saw several championships held in three different continents, Paralympic and world champions showcased amazing skills and determination. They focused on their only goal – to perform better at the Paralympic Games.

While for others, they are striving to make the cut for the Games. In either way, the competitions are getting exciting as the race to Paris 2024 qualification closes in.

The **2024 European Para Taekwondo Championships** witnessed new names on the podium even as top stars continued their good run and stamped their dominance.

In a star-studded field of 89 athletes (38 females and 51 men) from 23 countries + 2 refugees + AIN athletes, Greece women displayed strong technique and skills to finish on the podiums.

In Women K44 – 65kg, Greece's **Christina Gkentzou** came out of nowhere to grab the gold medal. She first shocked Great Britain's top ranked **Beth Munro**, a World and Paralympic medallist, in the quarter-finals before winning the final against **Djelika Diallo** of France.

Meanwhile, **Eleni Papastamatopoulou**, who had already qualified for Paris 2024, made sure to put Greece in the podium taking the silver in Women K44 +65kg.

In the men's events, reigning world champions and top seeds **Asaf Yasur** from Israel (Men K44 -58kg) and Azerbaijan's **Imamaddin Khalilov** (Men K44 -70kg) extended their dominance.

However, the star-studded Turkish team failed to put up a strong show with **Gemze Gurdal** (Women K44 -57kg) managing the only gold for the team.

Turkey's stars **Ali Can Ozcan** (M -58kg), European champion and bronze medallist at Worlds, **Fatih Celik** (M-70 kg), Taiyuan and Paris 2023 champion and **Mahmut Bozteke** (M -63kg), winner of Taiyuan 2023 GP and Manchester 2023 GP, all managed silver medals.

Overall it was Mongolia, who topped the medals table with two gold medals – thanks to **Bolor-erdene Ganbat's** (Men K44 -63kg) and **Surenjav Ulambayar's** (Women K44 -52kg) efforts.

Asian stars display strong technique, skills

The excitement continued to De Nang, Vietnam which hosted the **9th Asian Para Taekwondo Open Championships** recently.

Asian stars showed strong technique and fighting spirit as they braced up for the Paris 2024 Paralympics which are less than three months away.

Iran topped the medals table with four gold – highlighted by the fights won by **Zahra Rahimi** (Women K44 -57kg) and **Maryam Abdollahpour Deroei** (Women K44 -47kg).

Lesser-known Rahimi sprang a surprise winning her match over higher ranked players including **Palesha Goverdhan**, the Asian Para Games bronze medallist. She continued the momentum to beat Kazakhstan's **Dosmalova Kamilya**, the Hangzhou 2022 silver medallist, before taking her first international gold.

In Women K44 -47kg, Abdollahpour Deroei, world no. 5, was in a red hot form to first upset top seed and reigning world champion **Isakova Ziyodakhon** from Uzbekistan (4-0) before winning the final against Mexican star **Claudia Romero**.

The men's events were keenly contested with Hangzhou 2022 Asian Para Games gold medallists **Mahdi Pourrahnama** (Men K44 -70kg) and **Hamed Haghshenas** (Men K44 +80kg) taking the gold medals for Iran.

Among other winners were: **Surenjav Ulambayar** (Women K44 -52kg) and **Bolor-Erdene Ganbat** (Men K44 -63kg), both World and Asian Para Games medalists who clinched the gold medals for Mongolia. The gold medals were their second after their show in Serbia.

Uzbekistan's **Naimova Guljonoy** (Women K44 +65kg) and **Xiang Wen Xiao** (Men K44 -58kg) prepared for Paris with impressive shows winning their respective events.

Brazil top medals table in Rio

Earlier, the action in the month began with the **Pan Am Para Taekwondo Championships**, Rio de Janeiro in Brazil on May 3, 2024 which had as many as 63 athletes (27 female and 36 male) from 14+1 countries in participation.

Regional and local stars grabbed the limelight with Brazil claiming six gold medals out of nine at stake stamping their domination in the region, yet again.

Among the prominent names from Brazil who claimed the gold medals are: **Ana Carolina Silva** (Women K44 -65kg), **Debora Menezes** (Women K44 +65kg), **Maria Eduarda Machado** (Women K44 -52kg), all of whom are World Championships medallists.

Costa Rica's **Andres Molina** claimed his second gold medal of his career in Men K44 -80kg after his winning show at the Santiago 2023 Parapan Am Games.





New athletes classified in Asia, Europe & Pan America



May has been a busy and fruitful month with several athletes classified in three different continents.

Altogether 22 athletes were classified in three championships with 9th Asian Para Taekwondo Open Championship witnessing several new athletes being classified in De Nang, Vietnam.

Medical classifiers **Tugba Jochan** and **Sivam Arumugam** (technical) were present during the classifications where 12 athletes (8 male & 4 females) from six nations were classified.

Out of the 12, nine athletes were new athletes.

In European Taekwondo Championships, five athletes (2M/3F) were classified on May 8, 2024.

The classifiers were **Bihter Akinogul** (Medical/TUR), **Daimien Duffy** (Technical/GBR).

The Pan Am Para Taekwondo Championships saw five athletes (2M/3F) classified in Rio de Janeiro with

classifiers **Ala Rashad** (Medical/KSA), **Ashanti Ramirez** (Technical/MEX) as officials during the classification.

"Yet another successful classification in Brazil for the Rio Open Championship. Thanks to Dr. Ala Rashad (medical classifier) & Master Ashanti Ramirez (technical classifier," said **Hadwah Matloub Moawad**, Chair - Para Classification Committee, World Taekwondo.



Para Taekwondo included in Tashkent 2025 AYPG sports programme



Para Taekwondo will feature for the second time in Asian Youth Para Games programme in Tashkent 2025 after its successful debut in Bahrain 2021 Games

Para Taekwondo has been announced as one of the 10 sports to feature at the next edition of the Asian Youth Para Games to take place in Tashkent, Uzbekistan during September- October 2025.

The full list of sports included in the programme are Para Athletics, Para-Armwrestling, Para Cycling, Goalball, Para Judo, Para Powerlifting, Para Swimming, Para Canoe, Para

Taekwondo and Para Academic Rowing, it was announced by the Asian Paralympic Committee recently.

Nine of these 10 sports are Paralympic sports and will feature in the upcoming Paris 2024 Games.

It is the second time Para Taekwondo will feature in Asian Youth Para Games sports programme after its successful debut at the last edition - Bahrain 2021 Asian Youth Para Games.

“After careful review of the Games’ standards and sports federations’ requirements, we are pleased to announce the sport programme of the 5th Asian Youth Para Games,” **Asian Paralympic Committee President Majid Rashed** said.

“The youth Games are an opportunity to introduce, grow and promote a new sport in the region. Previously also, we have had the chance to promote a sport in our programmes and there has been a lot of excitement.”

He was delighted that most of the sports featuring in Tashkent are part of the Paralympic Games programme and hoped to see a strong competition among the future Asian Para Games and Paralympic champions.

The Tashkent 2025 Games will be also the first Asian Youth Para Games hosted in the same city and by the same organisers of the Asian Youth Games. It will be the fifth edition of the Asian Youth Para Games and is expected to witness participation of around 1000 athletes in 10 sports.

World Taekwondo sends condolences to family and friends of Dr. Baqir

The World Taekwondo has send its condenlences to family and friends of International Medical Classifier **Dr. Mohammed Baqir Almusa**, who passed away on 31st May, 2024, following a sudden illness.

Hadwah Matloub Moawad, Chair - Para Classification Committee, World Taekwondo said the Federation was "deeply saddened by the tragic news about Dr. Mohammed Baqir Almusa's demise".

"Today World Para Taekwondo has lost a great pioneer in the classification era."

Dr. Almusa, who joined World Taekwondo in 2015 and last attended classification in March this year at the Asian Qualification Tournament for Paris 2024 Paralympic Games, Tai'an, China, had a dynamic personality, dedicated to helping others, and always stood up for the Paralympic movement.

"We send our sincere condolences to his respected family, and may his soul rest in everlasting peace."



Calendar



2024

- World Para Taekwondo Open Challenge, Chuncheon, Korea, July 5, 2024
(International Para Taekwondo Coach Certification Level II required for all coaches)

- Paris 2024 Paralympic Games, Paris, France, Aug. 29-31, 2024

Around the World

Boost for Truesdale in her Paralympic preparation



Great Britain's Para Taekwondo star **Amy Truesdale** has acknowledged the support of Nutrition X in her preparation to win her first gold medal at the Paralympic Games in Paris.

"Nutrition X has been a great support to my training. Ensuring I am well fuelled and prepared for fighting on the world stage," wrote the European champion Truesdale on her Instagram handle.

Nutrition X is UK's number one choice in sports nutrition for elite athletes & professional sports clubs with the purpose to provide athletes with powerful and effective nutrition that they can trust.

"We love working with current European champion @truesdaleamy," the post mentioned.

Truesdale is a three-time world champion and Tokyo 2020 Paralympic bronze medallist in Women K44 +65kg weight category.

Uber partners with Silvana

Brazilian world number one and Paralympic medallist **Silvana Fernandes** announced her association with Uber, the world's largest ridesharing company.

"Today is a remarkable day in my journey as a Para athlete. It is with great joy that I share with you the news that I now have Uber @uber_br on my side as partner!"

The reigning world champion added that the union reflects the transformative power of sports.

"Let's go together, towards equality and success!"



[Sign up for the World Para Taekwondo Newsletter](#)