



# World Para Taekwondo Newsletter

October 2022 | Issue #28

## Munro Magical in Manchester



### Four Fighters Become 'Undisputed' Para GP Champions

*Great Britain's Beth Munro won her second gold medal this year in Manchester, while four fighters appear to be in the driver's seat for Paris 2024 gold after winning their third straight Para Grands Prix titles.*

Home is where the gold is for Great Britain's **Beth Munro**.

For the second time in 2022, the Paralympic runner-up got the better of Denmark's Paralympic champion **Lisa Gjessing** on home soil.

To the thrill of the home crowd, and the nation watching live on BBC, Munro repeated the feat by winning her first Para Grand Prix title 9-4 over Gjessing after defeating the Danish legend for the European Championship in Manchester in May.

"It's always great competing on home soil", Munro told World Para Taekwondo. "Having family and friends there to cheer you on is great. They are like the third person on the mat driving you on".

The victory prevented Gjessing – the reigning Paralympic and four-time world champion – from winning her first Para GP and throws the -65 kg wide open.

Munro showed her mettle – and her growing experience – in a tense semi-final win over Paris Para GP champion **Ana Carolina Silva de Moura** (BRA). In a battle of exciting new fighters, Munro’s experience at high levels shone through as she leveled the match late before punching her ticket to the final with a golden point kick.

“I feel like I’m growing as a Taekwondo athlete and gaining more skills over time”, she said. “There’s still more to learn, but I’m gradually getting better ... I kept my mind focused [today] and knew that I could still win it”.

The three Para GP winners this year – France’s **Djelika Diallo**, Silva de Moura, and Munro – are neither the Paralympic champion (Gjessing), nor the reigning world champion, Turkey’s **Secil Er**.

“I think my category at the moment is wide open and it’s very close at the top”, said Munro. “It’s good because it keeps you on your toes and keeps you fighting for those much-needed [ranking] points for Paris [2024]”.

Teammates **Amy Truesdale** and **Joe Lane** added a silver and bronze for Great Britain, respectively, to grab a medal of each colour for the hosts.

Truesdale fell to her Paralympic champion rival **Guljonoy Naimova** (UZB) in the final, while Lane fell to eventual champion **Asad Toshtemirov** (UZB) in the semi-final, failing to match the success he found while winning gold at home at the 2022 European championship.



## Four Athletes Still Unbeaten at Para Grand Prix Series

World Taekwondo created the Grand Prix Series to provide a spotlight for the world’s best fighters to showcase their talents. Through three events, with 30 gold medals handed out, four fighters have won nearly half of them.

Mexico’s **Juan Diego Garcia Lopez**, USA’s **Evan Medell**, and Turkey’s **Mahmut Bozteke** and **Meryem Cavdar** have won a combined 12 Para GP gold medals, winning gold at each of 2022’s three Para GP events.

The three men have all put up identical 9-0 records against the sport’s toughest competition, while Cavdar – the only remaining undefeated woman at the Para GP – has racked up a tidy 6-0 record.

Medell was made to work for his gold medal in Manchester, needing a last-gasp strike on Kazakhstan Paralympian **Nyshan Omirali** to secure his third straight title with a 9-6 win. It’s been a dominant run for Medell, whose average margin of victory at the Para GP is 25-8 and who saw his streak of eight straight Para GP wins by over 11 points end in the final.

With many of his rivals out due to injury, Medell mentioned he was conscious to not take the competition lightly.

“It’s what we call in the United States a ‘trap game’”, he told World Para Taekwondo. “I need to make sure to go in and execute and follow through with our game plan”.

Of course, there are fighters that are unbeaten at other major Para Taekwondo events.

Garcia Lopez is the only one of the four ‘undisputed’ Para GP champions to also win every fight at the Paralympic Games. Other active fighters still undefeated at the Paralympic Games include Denmark’s Gjessing, Brazil’s **Nathan Torquato**, Uzbekistan’s Naimova, and Peru’s **Angelica Espinoza**.

Perhaps no streak is as impressive as Mongolia’s legend **Bolor-Erdene Ganbat’s** at the World Para Taekwondo Championships.

The Mongolian legend has never been beaten at the event, with the reigning world champion putting together an incredible 20-0 record on his way to five straight world championships.



## Toshtemirov Cements Status as -80 kg Favourite

It’s been a 2022 to remember for Uzbekistan’s Asad Toshtemirov.

The young fighter picked up his second straight Para GP title – and third Para GP medal this year after winning bronze in Sofia – to stake a claim as one of the best in the -80 kg group.

Toshtemirov topped Kazakhstan’s No.1-ranked Paralympian **Nurlan Dombayev** in the final at the second straight Para GP, proving the pair are early Paris 2024 medal hopefuls.

Toshtemirov has used his Para GP success to vault himself to No. 5 in the world rankings, with a further climb anticipated after winning the full 60 points at the G6 Para GP in Manchester.

## Turkey, Brazil Top Para GP Series Medal Table

Adding another seven medals – including two more gold – at the Manchester Para GP, Turkey leads the 2022 Para GP Series with a total of 20 medals (8 gold, 4 silver, 8 bronze). Showing their status as the world’s strongest Para Taekwondo programme, the team has topped the medal table at all three Para GP events.

Brazil continues to show the depth of its programme, adding another eight medals in Manchester, to stand second on the 2022 table with 17 medals (3g, 3s, 11b).

It was Brazil’s **Silvana Cardoso** that provided the most memorable moment of Manchester for Brazil.

After falling for the first time since the Paralympic semi-final at the Paris Para GP final, Brazil’s Paralympic bronze medallist returned to the top of the -57 kg category with a dominant 21-0 victory over rival **Gamze**

**Gurdal (TUR).**

She attributed nerves to the uncharacteristic loss in Paris.

“Now I know what it means to be at the top, where all the other athletes study me”, she told World Para Taekwondo. “I was nervous in Paris. Even though I’m experienced, this was new – I had to learn how to deal with it”.

Cardoso worked on her mental approach ahead of Manchester.

“I did special work with a psychologist to prepare for this event”, she said. “The psychologist said that I need to learn to deal with uncertainty and we did special exercises to work on that”.

Other fighters crowned Para GP champions in Manchester include Israel’s reigning world champion **Asaf Yasur** (-58 kg), Mexico’s resurgent **Claudia Romero** (-47 kg), and Uzbekistan’s reigning Paralympic and world champion Guljonoy Naimova (+65 kg).



## Para Taekwondo Autism & Research Surveys



## **Para Taekwondo Seeks Autistic Athletes**

World Para Taekwondo is aware of the tremendous benefits the practice of Taekwondo has on Autistic athletes and hopes to introduce a specific Para Sport Class.

But we need your help!

Do you know of any Autistic athletes already practicing Taekwondo? Does your organisation have the capacity to work with Autistic athletes?

WPT is looking to introduce the new Sport Class according to the eligibility criteria set out by Virtus (World Intellectual Impairment Sport).

**>>> [CLICK HERE TO TAKE SURVEY](#) <<<**

**PLEASE SUBMIT YOUR ANSWERS BY 31 OCTOBER 2022**

## **Para Taekwondo Seeks Classifiers**

World Para Taekwondo is looking to expand its research knowledge in classification and is looking for your expertise!

World Taekwondo is looking for a diverse group of people with backgrounds in either Taekwondo or medicine to expand its technical and medical classification knowledge.

If you have research interests in any topic related to Para Taekwondo, please take the time to fill out the survey by following the link at the bottom.

Examples of research areas include:

- Assistive devices in Taekwondo
- Musculoskeletal impairments in Taekwondo
- Customised Para Taekwondo equipment
- Intellectual impairments in Taekwondo
- Neuro-muscular impairments in Taekwondo
- Musculo-skeletal impairments in Taekwondo
- Visual impairments in Taekwondo

**>>> [CLICK HERE TO TAKE SURVEY](#) <<<**

**PLEASE SUBMIT YOUR ANSWERS BY 31 OCTOBER 2022**

# Abdelmatloub Reflects on Classification in 2022



## World Taekwondo Continues to Build International Roster

*World Taekwondo's Head of Classification Hadwah Abdelmatloub speaks about the successes and challenges of training additional international classifiers, sharing knowledge with the IPC, and what's in store for classification.*

### Building International Classifier Roster

The more the merrier - that's been the goal of World Taekwondo Head of Classification **Hadwah Abdelmatloub** for 2022.

World Taekwondo has held several trainings for new international classifiers throughout 2022 - including recently at the Asian Para Championships in Vietnam - in order to increase the organisation's skillset and bring down costs for future event host committees.

The result? 15 new international classifiers trained in 2022.

"It's a good achievement for us", Abdelmatloub told World Para Taekwondo, "We were able to cut down the time because we can do both Levels I and II in the same week".

This is due to a streamlined process, which allows Level I classifiers to take the Level II training without attending several international events first - something new for 2022. This will be streamlined even further in 2023, as the Level I course is expected to also be offered online.

Abdelmatloub noted that unforeseen administrative issues proved a challenge this year.

"We could have had even better numbers if it weren't for visas", she said, "Next year, we'll carefully select cities for the in-person trainings".

Abdelmatloub also spoke about the success of out-of-competition classification, which was offered on several continents to make travel easier for athletes needing classification. This is expected to continue in 2023.

### Impressing the IPC

Abdelmatloub and Para Taekwondo Assistant Manager **Thomas Page** traveled to Bonn, Germany for meetings with the International Paralympic Committee (IPC) in September.

The IPC is holding consultations ahead of launching the new Athlete Classification Code in 2025 and the event drew multiple International Federations (IFs), National Paralympic Committees (NPCs), and the IPCs entire classification team.

"There were 90+ participants", said Abdelmatloub, "The amount of intellect was amazing".

Eventgoers outlined their own classification procedures, shared their best practices, and looked for ways to standardise classification across all the IPC sports.

Participants were impressed by World Taekwondo's contribution.

"They said it was brilliant", said Abdelmatloub, "The IFs loved the classification rule specifications and were captivated by our use of infographics".

Abdelmatloub had an architecture company put together a series of illustrations outlining how the ideal way to set-up different rooms for classification and what types of materials are needed. It serves as a guide for potential host committees.



## **Classifying Athletes with Autism or Visual Impairments**

Abdelmatloub and Page used the opportunity in Germany to network with other organisations World Taekwondo works with as it continues to develop rules for the new Poomsae Sport Classes.

She specifically mentioned valuable discussions with Virtus (International Sports Federation for Persons with Intellectual Disability) and IBSA (International Blind Sports Association).

"These meetings were super beneficial for World Taekwondo", she said, "We discussed research opportunities and medical terminology standardisation, among other things".

She spoke about the next steps in classifying Taekwondo athletes with autism and visual impairment.

Abdelmatloub confirmed that World Taekwondo will work with Virtus to classify athletes with Autism.

"A lot of work still needs to be done", she said, "Athletes with Autism are very systematic; we need clear and comprehensive competition rules, and [the process of] how to explain them must be standardised".

She also spoke about working with IBSA to host an international championship for athletes with visual impairments.

"The meeting with IBSA shed a lot of light on how to start the international visually impaired championships", she said, "We hope to start [preparations] next year by training international classifiers".



الجامعة الملكية المغربية للتايكوندو  
FEDERATION ROYALE MAROCAINE DE TAEKWONDO



## CLASSIFICATION OF MOROCCAN ATHLETES PARA TAEKWONDO

Institut Royal de Formation des Entraîneurs  
Samir



## Education



## Upcoming Courses

\*\*\* COMING SOON \*\*\*



# Calendar



- 2022 World Para Taekwondo Grand Prix Final (G10) - TBC, TBC

(International Para Taekwondo Coach Certification Level II required for all coaches)

## 2023

*(Provisional - Subject to Change)*

- Qualification Tournament for Santiago 2023 Parapan American Games (G1) - April 15-17, 2023 - Rio de Janeiro, Brazil

(International Para Taekwondo Coach Certification Level I required for all coaches)

- 2023 10th World Para Taekwondo Championships (G14) - End of April / Early May 2023

(International Para Taekwondo Coach Certification Level III required for all coaches)

- Rome 2023 World Para Taekwondo Grand Prix (G6) - June TBC

(International Para Taekwondo Coach Certification Level III required for all coaches)

- 2023 Pan American Para Taekwondo Open Championships - Early Aug. 2023 TBC

(International Para Taekwondo Coach Certification Level II required for all coaches)

- European Para Championships (Multi-sport event) (G2) - Aug 13-16, 2023 - Rotterdam, Netherlands

(International Para Taekwondo Coach Certification Level II required for all coaches)

- 2023 WT President's Cup Oceania (G2) - End of Aug. 2023 - TBC

(International Para Taekwondo Coach Certification Level II required for all coaches)

- 2023 Oceania Para Taekwondo Open Championships (G4/G2) - End of Aug. 2023 - TBC

(International Para Taekwondo Coach Certification Level II required for all coaches)

- 2023 8th Asia Para Taekwondo Open Championships (G2) - Sept. 10, 2023 - Beirut, Lebanon

(International Para Taekwondo Coach Certification Level II required for all coaches)

- Wuxi 2023 World Para Taekwondo Grand Prix (G6) - Sept. 2023 - TBC

(International Para Taekwondo Coach Certification Level II required for all coaches)

- Paris 2023 World Para Taekwondo Grand Prix (G6) - Oct. 2023 - TBC  
(International Para Taekwondo Coach Certification Level II required for all coaches)
- Hangzhou 2022 Asian Para Games (G4) - Oct. 22-28, 2023 - Hangzhou, China  
(International Para Taekwondo Coach Certification Level II required for all coaches)
- 2023 WT President's Cup Asia (G2) - Nov. 8, 2023 - Nablus, Palestine  
(International Para Taekwondo Coach Certification Level II required for all coaches)
- Santiago 2023 Parapan American Games (G4) - Nov. 23-25, 2023 - Santiago, Chile  
(International Para Taekwondo Coach Certification Level II required for all coaches)
- Manchester 2023 World Para Taekwondo Grand Prix Final (G10) - Dec. 2023 - Manchester, Great Britain  
(International Para Taekwondo Coach Certification Level III required for all coaches)

## Around the World

### Refugee:

#### Khodadadi's Story of Afghanistan Escape Continues to Resonate

The story of refugee athlete **Zakia Khodadadi**'s escape from Taliban-held Afghanistan to compete at the Tokyo 2020 Paralympic Games – as well as her continued success since – continues to resonate with a global population. Khodadadi now lives in Paris, trains with the French team, and works for a programme sponsored in part by World Taekwondo's Taekwondo Humanitarian Foundation. France's national broadcaster France 3 joined Khodadadi at the Paris Para Grand Prix for an exclusive look at her journey to France, what her life looks like now, and what her goals are for the future. The video shows her competing in Paris, training with France's four-time world champion **Bopha Kong**, and learning French. It also features an interview with France head coach **Oury Sztantman**.



"I am a Hazara girl. After the arrival of the Taliban terrorist group, I was forced to flee into exile, but I will continue to fight to make my Hazara girls stronger than ever", Khodadadi told the French broadcaster, "For the daughters of my land – I will fight for the women of my country".

To watch the segment on France 3, click [HERE](#). To watch the segment on Facebook, click [HERE](#).

### Asia:

#### Iran Celebrates National Paralympic Day

Iran celebrated its 15th National Paralympic Day on 16 October as part of its Paralympic Week festivities. One of the largest Paralympic events in the world, more than 60,000 participants across the country took part in activities designed to change attitudes toward



people with impairments and contribute to their social inclusion. Thousands of Para athletes gathered to celebrate Para sports and try their hand at a number of activities, including Para Taekwondo (pictured). Iran is one of the most successful Paralympic nations in Asia, recently topping the Asian Para Youth Games medal table. Asian Paralympic Committee President **Majid Rashed** attended the festivities, while IPC President **Andrew Parsons** sent video greetings.

"I'd like to thank everyone at the National Paralympic Committee of Iran for all their hard work in putting on this event", said Rashed, "I'm sure the day will continue to be an inspiration

for other countries in Asia to follow suit".

For more on Iran's National Paralympic Day, please click [HERE](#).

## Europe:

### France's L'Oreal Inks Kong to Sponsorship Deal

Maybe there's a career in modelling for France's four-time world champion **Bopha Kong** after Paris 2024. The No. 3-ranked fighter recently signed a sponsorship deal with the world's most profitable cosmetics company as France's L'Oreal inked the French superstar to a deal that will last throughout the Paris 2024 Paralympic Games. The deal with L'Oreal Diversity is part of the company's commitment to diversity, with the group saying, "We believe in a world where all people have a voice and all people can contribute" and that the program "enables people with disabilities to thrive". Kong has already featured as part of the official Paris 2024 marketing and will look to improve on his 5<sup>th</sup> place finish at Tokyo 2020.



"I would like to thank the whole team and the ministers", Kong said at the signing ceremony, "Alone we move forward, but together we go further".

For more, please click [HERE](#).



### Munro Stars on Great Britain's BBC

**Beth Munro** is becoming a favourite of British state broadcaster BBC. Months after winning her first European title live on the network, Munro was featured in a pre-Para GP feature on BBC.com alongside two able-bodied teammates - 2-time Olympic champion Jade Jones and Olympic silver medalist Lauren Williams. Munro then delighted the home crowd - and the nation watching live on BBC - when she won her first Para GP title over rival **Lisa Gjessing** (DEN). Munro then starred in a post-match BBC interview, before being featured again on BBC.com the next day.

"I'm ecstatic", Munro told the BBC after winning her first Para GP, "the last two Grands Prix I got bronze and silver, so I've got all three colours [now]".

For the pre-Para GP feature, please click [HERE](#). For the post-Para GP feature, please click [HERE](#).

### Bossolo Stars in Italian Para Grand Prix Video Ad

Italy's World Championship runner-up and Paralympian **Antonino**

**Bossolo** starred in a sleek video ad produced by the Italian Taekwondo Federation to promote the upcoming Para Grand Prix event in Manchester, Great Britain. Bossolo picked up his first Para GP medal in Paris by winning bronze after falling to Turkey's No. 1-ranked **Mahmut Bozteke** in the semi-final. Set to Canon's pump-up rap ditty 'No Loss', the video features footage of him competing at the Paris Para GP. After falling at the quarterfinal stage at the first Para GP tournament in Sofia, the 2022 European Championship silver medalist will look for his first Para GP gold medal when he competes in Manchester later this month.



"From Paris bronze to Manchester", the Italian Taekwondo Federation posted online, "While we wait to see him return to the mat, let's relive the highlights of Paris together with our Antonino Bossolo!"

To watch the video, please click [HERE](#).



## Cavdar and Coach Meet with Turkish Ministry of Sports

Paralympic runner-up **Meryem Cavdar** and coach **Ismail Bulduk** met with the Afyonkarahisar Provincial Director of Youth and Sports Feyzullah Dereci this summer. Cavdar has been on quite a run since dropping the gold medal match at Tokyo 2020 to Peru's **Angelica Espinoza**. She won her first world championship last year, won her second European title in 2021, and is one of only four athletes to win two Para Grand Prix

titles. In fact, an uncharacteristic loss to Mexico's **Jessica Garcia** in the 2022 European Championship final is the only blemish on her resume this year. Cavdar's superb run of form has seen her rocket to the top of the world rankings, where she has more than twice the points as her nearest competitor – Mexico's Garcia.

For more on their meeting with the Minister, please click [HERE](#).

## Ukrainian Coach Recognised for Hearing-Impaired Para Taekwondo Success

Ukraine's national Para team coach **Andriy Starkov** was recognised last month as an Honoured Coach of Ukraine for his work in training taekwondo athletes with hearing impairments. Only "highly qualified" coaches that have achieved "significant international success" are awarded such a title in Ukraine. In addition to his work with hearing-impaired athletes, Starkov guided three Ukrainian athletes at the Tokyo 2020 Paralympic Games, where **Vika Marchuk** and **Yuliya Lypetska** fought for medals before settling for fifth-place finishes. Near the outset of the war in Ukraine, Starkov fled with Ukraine's Para Taekwondo team and continues to live and train the team while they are based in Denmark. Since fleeing Ukraine, he has led four athletes to podium finishes – Marchuk (silver at Manchester 2022 European championships), Lypetska (bronze at Manchester 2022), **Orest Pylypiak** (bronze at Manchester 2022), and **Vlad Nechai** (bronze at Sofia 2022 Para Grand Prix). Starkov was also named the Best Referee at the Tokyo 2020 Olympic Games.



For more, please click [HERE](#).

## Oceania:

### Australia's Watson Plays Dual Role as Administrator and Advocate

Turns out that you can be just as busy in



retirement – just ask Australia’s **Janine Watson**. The only athlete in the world to have both a Poomsae world championship and a Paralympic medal – bronze at Tokyo 2020 – is working to build the sport’s profile in the Land Down Under. Watson has been hosting information sessions throughout the year and last month was the draw to an Australian Paralympics multisport day in Toowamba, Queensland. Watson taught more than 20 participants basic Taekwondo skills, including self-defence scenarios, as the young athletes had the opportunity to connect with local Taekwondo clubs. Paralympics Australia hopes to increase participation in Para sport by 20 percent

ahead of hosting the Paralympic Games at Brisbane 2032. Watson’s advocacy work was recently recognised by Australian Taekwondo as she was named to the Board of Australia Taekwondo Queensland.

“I always look forward to attending the Paralympics Australia Multi-Sport Days”, Watson told Paralympics Australia, “This event in Toowoomba is very special for me as I grew up in a small country town in southwest Queensland two hours west [of here] and to have this opportunity available in regional areas is fantastic!”

For more from Paralympics Australia, click [HERE](#). For more from Australia Taekwondo, click [HERE](#). For more on the board announcement, please click [HERE](#).

## Pan Am:

### Argentina's Samorano Featured on Para Sport Radio

Argentina’s Paralympic bronze medallist **Juan Samorano** and coach **Carlos Angel Guerrini** were guests on Argentina’s national Para Sport radio Para Deportes last month to speak about their recent success at the Pan Am Series in Sao Paolo, Brazil. Samorano cruised to his gold medal in Brazil, winning his three fights by a combined score of 49-13.

The 2019 Parapan Am Games bronze medalist leads a growing Para Taekwondo programme in Argentina, which has seen the national team more than double in size since his triumph at Tokyo 2020. Teammate Facundo Novik nearly stunned Brazil’s Paralympic champion Nathan Torquato before succumbing to a last-second strike to settle for silver. Para Deportes is now in its seventh season of covering Para Sport.



For more, please click [HERE](#). To listen to Para Deportes, please click [HERE](#).



### Nike Signs Brazil's World Champion Fernandes to Sponsorship Deal

Another one dots the line – in the latest of major global brands signing Para Taekwondo stars to exclusive sponsorship deals, mega sporting brand Nike nabbed Brazil’s world champion **Silvana Fernandes** to a deal. One of the biggest brands in the world signed the No. 1-ranked fighter as she hopes to build on the bronze medal she won at Tokyo 2020. In a 15-second clip shared to social media, the superstar models a half dozen outfits from the brand in a behind-the-scenes look at her photo shoot. Fernandes lost her first fight since Tokyo 2020 at the Paris Para GP and will look to get back on track at the Manchester Para GP after winning gold at the first Para GP in Sofia.

For more, please click [HERE](#).

### Cuban Veteran Stuns Paralympic Champion at Pan Am Series

Cuba’s veteran **Lilisbet Rodriguez** provided one of the biggest wins in Cuban Para Taekwondo history – and one of the biggest

surprises of 2022 – by beating Peru’s Paralympic champion **Angelica Espinoza** in the return to international competition after long absences for both fighters. Rodriguez upended the Paralympic champion 4-2 in the Pan Am Series semi-final on the way to a silver medal. The effort marks her biggest achievement since winning bronze at the 2019 Parapan Am Games in Lima, Peru – an event won on home soil by Espinoza. The runner-up performance in Sao Paolo means Rodriguez re-enters the world rankings at No. 22, while Espinoza comes back at No. 7.

“Is thank you enough? Well, I think not... We are happy for these results ... and today we have something important to show [our loved ones] when we hug them again”, she said after winning her medal, “Thank you very much to everyone behind these medals – family, friends, coaches – because you contribute something every day. Now on to new goals at Santiago 2023!”

For more, please click [HERE](#).



## Mexico's Team Keeps Winning Awards

The awards keep coming in for Mexico's Para Taekwondo team, as three athletes and the national team coach were recognised last month. Mexican team coach **Jannet Alegria** was named Top Coach at the Pan Am Series in Brazil last month, after all six of her athletes won medals at the tournament. Pan American champion **Claudia Romero** and world championship bronze medalist **Luis**



**Najera** were also recognised for their achievements in 2022, with Romero winning the State Award of Sport in Puebla and Najera winning the same award in Venustiano Carranza. Fellow Pan American champion **Jessica Garcia** rounded out the awards haul by being one of two athletes recognised with the Yucateco Sportive Merit Award for 2022.

For more information on the individual awards, please click on the recipient's name: [ALEGRIA](#), [ROMERO](#), [NAJERA](#), and [GARCIA](#).

## USA Paralympic Team Head Talks Para Taekwondo

USA Paralympic Head of Team and High Performance Director **Adrian Gonzales** joined USA Taekwondo's Tim Thackrey to speak about the future of the Para Taekwondo programme in the USA. Gonzales spoke about how the team was preparing for Paris 2024, what could be in store for Los Angeles 2028, and what the Para Taekwondo programme can expect in 2023. Gonzales spoke about the success in athlete recruitment and how the Para Taekwondo programme hopes to launch a new youth division as Team USA Para Taekwondo ramps up ahead of hosting the 2028 Paralympic Games.



"We're trying to keep our top-level competitors doing really well", she told USA Taekwondo, "But also, behind the scenes - no one knows this - but we've been recruiting like crazy. We have potentially nine new athletes coming on the national scene next year".

To watch the full 25-minute interview, please click [HERE](#).

Other:

**Para Taekwondo Tops Para Judo in IPC Poll**



MARTIAL ARTS  
**PICK ONE!**



**JUDO**



**TAEKWONDO**

The International Paralympic Committee published a fun poll last month on social media asking its 775,000 followers which Para Martial Art they preferred - and the Para Taekwondo community answered! In an overwhelming response that generated 225+ comments, Para Taekwondo received over 90 percent of the vote. In fact, commenters mentioned Para Poomsae more often than Para Judo (20-17). Over a dozen Paralympians, and half dozen Paralympic coaches answered the call, including Paralympic champions Juan Diego Garcia Lopez (MEX) and Lisa Gjessing (DEN). Olympic Taekwondo champion Maria Espinoza even chipped in with a vote for Para Taekwondo.

On behalf of World Para Taekwondo, thanks for the support!

To see the poll, please click [HERE](#).

**Sign up for the World Para Taekwondo Newsletter**

World Taekwondo | [worldtaekwondo.org](http://worldtaekwondo.org) | [para\\_tkd@worldtaekwondo.org](mailto:para_tkd@worldtaekwondo.org)

