

This is Taekwondo

TAEKWONDO

A SPORT FOR ALL

Taekwondo can be practiced anytime, anywhere, by anyone. Requiring no gear, it is highly economical, offering developing nations opportunities for Olympic glory. Likewise, refugees and displaced persons are granted opportunities to shine in the Refugee Olympic Team.

A SPORT WITH EVERYTHING

Taekwondo is a near-perfect total-body exercise, centred on flexibility, agility, power, speed, stamina and courage. And it is not just for the athletic elite. It is an anti-aging pill, recuperation for the injured and an education in physical/mental discipline - a gift that once given, can never be taken away.

A SPORT WITH VALUES

While Taekwondo is a combat sport, it retains the value systems of martial arts. These include the "Tenets of Taekwondo" - courtesy, integrity, perseverance, self-control and indomitable spirit. Before and after combat, athletes bow to one another, for Taekwondo begins and ends with Courtesy, Inclusiveness, Leadership, Respect, Tolerance, Excellence, and Integrity.

'TECH-KWONDO'

Taekwondo has fully leveraged technology to make the sport as fair and transparent as possible.

Protector and Scoring System (PSS) - featuring electronic sensors embedded in the protective gear, that are linked wirelessly to the scoreboard - made their Olympic debuts in London in 2012. So did instant video replays. And in Tokyo, 4D replay system will be in action to further enhance an already fair and transparent sport.

Schedule

Date and Time: 24-27 July, 2021 10:00-22:40

Venue: Makuhari Messe Hall A-Chiba, Japan

24 W-49kg & M-58kg

10:00 - 17:00	19:00 - 22:00	22:00 - 22:40
· Prelims	· Repechages	· Victory Ceremonies
· Quarter-finals	· Mixed Gender Team Showcase	
· Semi-finals	· Bronze Medal Contests	
	· Finals	

25 W-57kg & M-68kg

10:00 - 17:00	19:00 - 22:00	22:00 - 22:40
· Prelims	· Repechages	· Victory Ceremonies
· Quarter-finals	· Mixed Gender Team Showcase	
· Semi-finals	· Bronze Medal Contests	
	· Finals	

26 W-67kg & M-80kg

10:00 - 17:00	19:00 - 22:00	22:00 - 22:40
· Prelims	· Repechages	· Victory Ceremonies
· Quarter-finals	· Mixed Gender Team Showcase	
· Semi-finals	· Bronze Medal Contests	
	· Finals	

27 W+67kg & M+80kg

10:00 - 17:00	19:00 - 22:00	22:00 - 22:40
· Prelims	· Repechages	· Victory Ceremonies
· Quarter-finals	· Mixed Gender Team Showcase	
· Semi-finals	· Bronze Medal Contests	
	· Finals	



TAEKWONDO

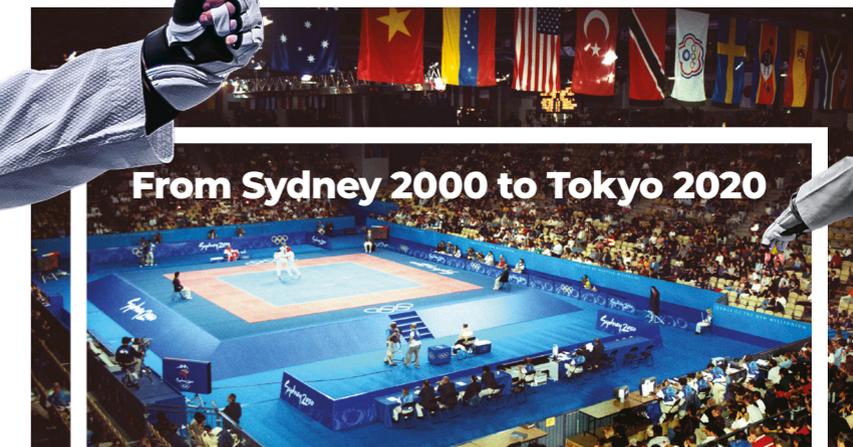
TOKYO 2020
PRESS KIT



About Olympic Taekwondo

Taking Taekwondo to the Games

World Taekwondo (WT), the international federation governing the sport of Taekwondo, is a member of the International Olympic Committee (IOC) and Association of Summer Olympic International Federations (ASOIF). Established on May 28, 1973, WT currently oversees 210 member national associations and one refugee team worldwide. The organisation is headquartered in Seoul, South Korea, and maintains an office in Lausanne, Switzerland.



After exploding onto the global stage at the Seoul 1988 Olympic Games and Barcelona 1992 Olympic Games as a demonstration sport, Taekwondo got the thumbs up at the 103rd IOC Session in Paris in 1994, becoming an official Olympic medal sport. Taekwondo first competed as a medal sport at Sydney 2000 across four weight categories each for men and women. Since then, Taekwondo has maintained its status in Athens 2004, Beijing 2008, London 2012 and Rio 2016. Taekwondo will appear in both Tokyo 2020 - where Para Taekwondo will make its Paralympic debut - and Paris 2024. Olympic taekwondo has not stood still. Over the last 20 years, WT has evolved its rules and regulations and strengthened referee training and evaluation, while innovating new technologies that place Taekwondo on the cutting edge of global sport.

What is New in Tokyo 2020?

- A 4D camera system will provide spectators and video replay judges with extraordinary, "Matrix"-style visuals of the action
- A mixed Gender Team Competition will take place as a showcase
- Three refugee athletes will compete in the Refugee Olympic Team
- A new, slim-fit competition uniform will be pioneered
- Para Taekwondo will debut at the Paralympic Games

How the Game is Played

How to Watch the Game

- Taekwondo matches are fought on a field of play that is matted for safety. The mat is octagonal to encourage lively footwork and evasive movement.
- Olympic Taekwondo offers eight weight categories: Four men and four women
- One centre referee and three corner judges officiate. Video replay judges are on hand for decisions disputed by coaches.
- The athlete's aim is to strike the opponent's target areas while not being struck by the opponent. Kicks are aimed at trunk and head protectors. Punches are aimed at the trunk protector. No other blows (knees, elbows, etc) are permitted. Nor are throws, trips or joint locks.
- Matches are three rounds of two minutes each, with one-minute breaks between rounds. If two athletes have equal points at the end of Round 3, the match goes to "Golden Round."
- Olympic gold and silver medals are won in the final match. Two bronze medals are won via repechage.

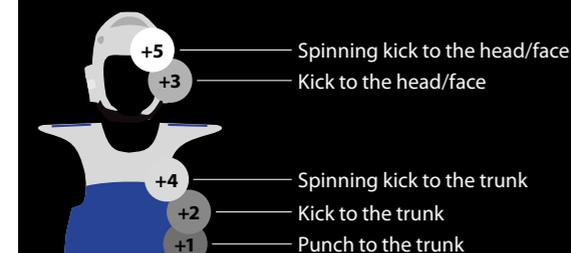
How to Win

- Amassing more points than the opponent.
- Amassing a 20-point difference, after which the match is automatically halted at the end of the second round, or at any time during the third round. However, this rule does not apply during semi-finals and medal contests.
- If the opponent amasses 10 gamjeom (penalties).
- If the opponent is unable to continue due to injury or stoppage by referee.

How to Score

- Taekwondo specializes in kicks. High and spinning kicks earn higher points. Points are scored via impact with the electronic sensors embedded in the protective head and trunk protector, known as the Protector and Scoring System, or PSS. Points are transmitted wirelessly, real time, to the electronic scoreboard.
- Points are also scored by corner judges with hand-held devices. Judges score: Punches to the trunk; additional points ("technical points") for spinning kicks. These points are also transmitted to the electronic scoreboard.

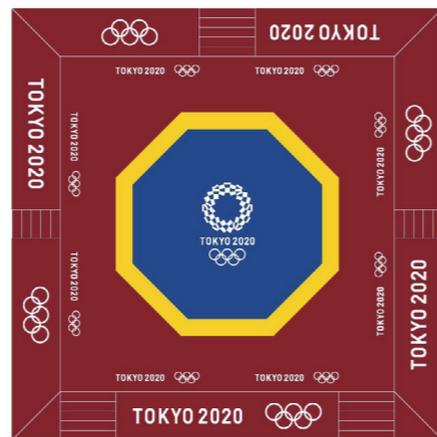
Point Spectrum



Gamjeom(penalties)

Penalties are known as "gamjeom." A gamjeom is one (1) point, granted to the opposing contestant. Penalties are awarded for breaching safety protocols; and refusing to engage. Specific prohibited acts are listed below:

- Crossing the boundary of the field of play
- Falling
- Avoiding or delaying the match
- Grabbing or pushing the opponent
- Lifting the leg to block or otherwise impede the opponent's attack
- Kicking below the waist
- Attacking the opponent after "kalyeo" ("halt")
- Hitting the opponent's head with the hand
- Attacking a fallen opponent
- Kicking with the side or bottom of the foot with the knee pointed out while in a clinch position
- Misconduct and unsportsmanlike behavior by a contestant or coach - such as not complying with the referee's commands or decisions, inappropriate protesting of officials' decisions, provoking or insulting the opponent, etc
- The referee may end the match by raising a yellow card and declaring the opposing contestant the winner. If a contestant amasses ten (10) gamjeom, the referee declares the contestant the loser



Complete Information

WT's full "Competition Rules and Interpretations" can be found on the WT website at www.worldtaekwondo.org or click on the QR Code below:



www.instagram.com/worldtaekwondo.pr/ twitter.com/WorldTaekwondo1
www.facebook.com/WorldTaekwondo1 www.tiktok.com/@worldtaekwondo
www.youtube.com/user/worldtaekwondo

Athletes list

Alphabetical order of NOC

Women

W-49kg

Yvette YONG	CAN
Jingyu WU	CHN
Andrea RAMIREZ VARGAS	COL
Kristina TOMIC	CRO
Nour ABDELSALAM	EGY
Adriana CERESO IGLESIAS	ESP
Abishag SEMBERG	ISR
Miyu YAMADA	JPN
Jaeyoung SIM	KOR
Oumaima EL BOUCHTI	MAR
Victoria STAMBAUGH	PUR
Tijana BOGDANOVIC	SRB
Panipak WONGPATTANAKIT	THA
Po-Ya SU	TPE
Rukiye YILDIRIM	TUR
Thi Kim Tuyen TRUONG	VIE
Dina POURYOUNES	EOR

W-67kg

Farida AZIZOVA	AZE
Milena TITONELI	BRA
Mengyu ZHANG	CHN
Ruth GBAGBI	CIV
Naomie KATOKA	COD
Matea JELIC	CRO
Hedaya WAHBA	EGY
Magda WIET HENIN	FRA
Lauren WILLIAMS	GBR
Lauren LEE	HAI
Julyana AL-SADEQ	JOR
Elizabeth Oluchi ANYANACHO	NGR
Malia PASEKA	TGA
Nur TATAR ASKARI	TUR
Paige MC PHERSON	USA
Nigora TURSUNKULOVA	UZB

W-57kg

Stacey HYMER	AUS
Skylar PARK	CAN
Fernanda AGUIRRE	CHI
Lijun ZHOU	CHN
Jade JONES	GBR
Fani TZELI	GRE
Nahid KIYANICHANDEH	IRI
Mayu HAMADA	JPN
Ahreum LEE	KOR
Nada LAARAJ	MAR
Tekiaht BEN YESSOUF	NIG
Patrycja ADAMKIEWICZ	POL
Tatiana MININA	ROC
Chia-Ling LO	TPE
Hatice Kubra ILGUN	TUR
Anastasija ZOLOTIC	USA
Kimia ALIZADEH ZENOORIN	EOR

W+67kg

Reba STEWART	AUS
Shuyin ZHENG	CHN
Aminata Charlene TRAORE	CIV
Katherine RODRIGUEZ PEGUERO	DOM
Althea LAURIN	FRA
Bianca WALKDEN	GBR
Keyla Paola AVILA RAMIREZ	HON
Cansel DENIZ	KAZ
Faith OGALLO	KEN
Dabin LEE	KOR
Briseida ACOSTA	MEX
Reshmie OOGINK	NED
Aleksandra KOWALCZUK	POL
Milica MANDIC	SRB
Nafia KUS	TUR
Svetlana OSIPOVA	UZB

Men

M-58kg

Lucas Lautaro GUZMAN	ARG
Safwan KHALIL	AUS
Jefferson OCHOA FERNANDEZ	COL
Adrian VICENTE YUNTA	ESP
Solomon DEMSE	ETH
Omar SALIM	HUN
Armin HADIPOUR SEIGHALANI	IRI
Jack WOOLLEY	IRL
Vito DELL'AQUILA	ITA
Sergio SUZUKI	JPN
Jun JANG	KOR
Kurt Bryan BARBOSA	PHI
Rui BRAGANCA	POR
Mikhail ARTAMONOV	ROC
Ramnarong SAWEKWIHAREE	THA
Mohamed Khalil JENDOUBI	TUN

M-80kg

Jack MARTON	AUS
Milad BEIGI HARCHEGANI	AZE
Icaro Miguel MARTINS SOARES	BRA
Faysal SAWADOGO	BUR
Cheick Sallah CISSE	CIV
Toni KANAET	CRO
Moises HERNANDEZ ENCARNACION	DOM
Seif EISSA	EGY
Raul MARTINEZ GARCIA	ESP
Simone ALESSIO	ITA
Saleh ELSHARABATY	JOR
Achraf MAHBOUBI	MAR
Richard Andre ORDEMANN	NOR
Maksim KHRAMTCOV	ROC
Wei-Ting LIU	TPE
Nikita RAFALOVICH	UZB

M-68kg

Jaouad ACHAB	BEL
Nedžad HUSIC	BIH
Edival PONTES	BRA
Shuai ZHAO	CHN
Bernardo PIE	DOM
Abdelrahman Wael MAHMOUD ABOW	EGY
Javier PEREZ POLO	ESP
Bradly SINDEN	GBR
Mirhashem HOSSEINI	IRI
Ricardo SUZUKI	JPN
Daehoon LEE	KOR
Seydou FOFANA	MLI
Tom BURNS	NZL
Yu-Jen HUANG	TPE
Hakan RECBER	TUR
Ulugbek RASHITOV	UZB
Abdullah SEDIQI	EOR

Athletes records

