

# This is 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.

## Schedule

Date and Time: August 7-10, 2024 | 9:00h-23:00h

Venue: Grand Palais

Day	Time	Event
7	09:00 - 12:50	Prelims
	13:45 - 14:05	WT Demonstration Team Performance
	14:30 - 17:30	Quarter-finals & Semi-finals
	18:45 - 19:00	Mixed Gender Team Showcase
	19:30 - 23:00	Repechages. Bronze medals Contests. Finals. Victory Ceremonies
8	09:00 - 12:30	Prelims
	13:45 - 14:05	WT Demonstration Team Performance
	14:30 - 17:30	Quarter-finals & Semi-finals
	17:15 - 17:30	Mixed Gender Team Showcase
	18:45 - 19:05	WT Demonstration Team Performance
9	09:00 - 12:30	Prelims
	13:45 - 14:05	Demonstration Team Performance
	14:30 - 17:30	Quarter-finals & Semi-finals
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	19:30 - 23:00	Repechages. Bronze medals Contests. Finals. Victory Ceremonies

## Complete Information

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



[www.worldtaekwondo.org](http://www.worldtaekwondo.org)



@worldtaekwondo



# PARIS 2024 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 213 member national associations and one refugee team. The organisation is headquartered in Seoul, Republic of 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 Centennial Olympic Congress 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, Rio 2016 and Tokyo 2020, where Para Taekwondo made its Paralympic debut, and Paris 2024.

In Paris 2024, WT will celebrate 30 years of Olympic Taekwondo with the highest number of refugee athletes to date. WT also welcomes first-time NOCs:

Bulgaria
Czech Rep.
Fiji
The Gambia
Guinea Bissau
Hong Kong, China
Palestine
Timor Leste
Uruguay

Olympic Taekwondo has not stood still. Over the last 25 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.



# How the Game is Played

- Olympic Taekwondo offers eight weight categories: Four men and four women.
- 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.
- Matches are won via a "best of three" system – i.e. if a player wins the first two rounds, a third round is not fought.
- Matches are three rounds of two minutes each. One-minute breaks separate the rounds.
- One center referee and two corner judges officiate. Video replay judges are on hand for decisions disputed by coaches.
- Points are made known to the audience, real time, via the electronic scoreboards. The scoreboards are wirelessly connected to the PSS (Protector and Scoring System) – i.e. the trunk and head protectors worn by athletes.
- Athletes win by striking the opponent's target areas on the PSS 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 (face punches, low kicks, knees, elbows, etc) are permitted. Nor are throws, trips or joint locks.
- "Gam-jeom" (penalty point) is awarded to the opponent for a rules infraction. Infractions include illegal blows, stepping off the mats or falling.
- Often, one player wins the first round, the other player wins the second round and the match goes to a third round decider. If the third round's score is tied the match is decided via "superiority." This means the athlete who has made maximum impact on the PSS and lost fewer gam-jeoms wins.
- Olympic Taekwondo competition is a single-elimination tournament with repechage for the bronze medal contest. The winner of the final contest will receive the gold medal and the loser will receive the silver medal. The two winners of the repechage finals (Bronze medal contests) will each receive a bronze medal.

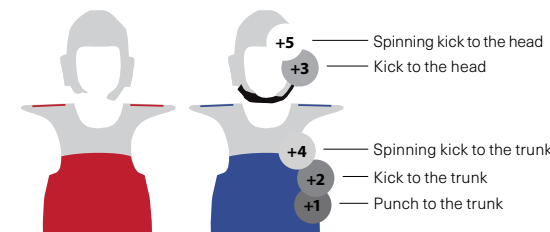
## Repechage

- The repechage is conducted among contestants who lost to the two finalists in the elimination phase.
- The two losers of the semifinals during the elimination phase are seeded directly to each of the repechage finals, but on the opposite sides of the competition bracket.
- Other losers advance to the repechage unseeded, on the same side of the bracket they contested during the eliminations.
- The two winners of the repechage finals (Bronze medal contests) each receive a bronze medal.

## 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



## Gam-jeom(penalties)

Penalties are known as "gam-jeom." A gam-jeom 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
- Attacking back of head PSS in 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 opposite contestant the winner. When a contestant receives five (5) " Gam-jeom" in a round, the opponent will be declared the winner of that round



Athletes' Records

# Athletes list

Alphabetical order of NOC

## Women

### W-49kg

JOSIPA KAFADAR	CAN
QING GUO	CHN
LENA STOJKOVIC	CRO
DINA POURUYOUNES LANGEROUDI	EOR
ADRIANA CEREZO IGLESIAS	ESP
MOBINA NEMATZADEH	IRI
ABISHAG SEMBERG	ISR
ILENIA ELISABETTA MATONTI	ITA
DUNYA ALI M ABUTALEB	KSA
MICHELLE TAU	LES
OUMAIMA EL BOUCHTI	MAR
DANIELA PAOLA SOUZA	MEX
PANIPAK WONGPATTANAKIT	THA
ANA DA COSTA DA SILVA PINTO	TLS
IKRAM DHAHRI	TUN
MERVE DINCEL KAVURAT	TUR
MARIA SARA GRIPPOLI GAGLIARDO	URU

### W-67kg

SARAH CHAARI	BEL
CAROLINE SANTOS	BRA
JIE SONG	CHN
RUTH GBAGBI	CIV
MADELYN ANDREA RODRIGUEZ	DOM
AYA SHEHATA	EGY
CECILIA CASTRO BURGOS	ESP
LOLOHEA NAVUGA NAITASI	FIJ
MAGDA WIET-HENIN	FRA
VIVIANA MARTON	HUN
JULYANA ALSADEQ	JOR
ELIZABETH OLUCHI ANYANACHO	NGR
ALEKSANDRA PERISIC	SRB
SASIKARN TONGCHAN	THA
KRISTINA TEACHOUT	USA
OZODA SOBIRJONOVA	UZB

### W-57kg

STACEY HYMER	AUS
MARIA CLARA PACHECO	BRA
KIMIA ALIZADEH ZENOZI	BUL
SKYLAR PARK	CAN
ZONGSHI LUO	CHN
DOMINIKA HRONOVA	CZE
EMMANUELLA ATORA	GAB
JADE JONES	GBR
NAHID KIYANICHANDEH	IRI
YUJIN KIM	KOR
LAETITIA AOUN	LBN
MILJANA RELJIKJ	MKD
CHIA-LING LO	TPE
CHAIMA TOUMI	TUN
HATICE KUBRA ILGUN	TUR
FAITH DILLON	USA

### W+67kg

MARLENE JAHL	AUT
FERNANDA AGUIRRE	CHI
ZEQI ZHOU	CHN
ASTAN KATHERINE FEGHE BATHILY	CIV
ARLETTY S ACOSTA HERRERA	CUB
PETRA STOLBOVA	CZE
VENICE ELIZABETH MEGAN TRAILL	FIJ
ALTHEA LAURIN	FRA
REBECCA MCGOWAN	GBR
LORENA BRANDL	GER
RAMA ABO-ALRUB	JOR
DABIN LEE	KOR
FATIMA-EZZAHRA ABOUFARAS	MAR
MUNIRA ABDUSALOMOVA	TJK
FIRAS KUS AYDIN	TUR
SVETLANA OSIPOVA	UZB

## Men

### M-58kg

GEORGII GURTSIEV	AIN
LUCAS GUZMAN	ARG
BAILEY LEWIS	AUS
GASHIM MAGOMEDOV	AZE
HADI TIRANVALIPOUR	EOR
ADRIAN VICENTE YUNTA	ESP
CYRIAN RAVET	FRA
OMAR GERGELY SALIM	HUN
JACK WOOLLEY	IRL
VITO DELL AQUILA	ITA
SAMIRKHON ABABAKIROV	KAZ
TAEJOON PARK	KOR
NOURIDINE ISSAKA GARBA	NIG
OMAR YASER ISMAIL	PLE
BOCAR DIOP	SEN
LEV KORNEEV	SRB
MOHAMED KHALIL JENDOUBI	TUN
YOHANDRI GRANADO	VEN

### M-80kg

LEON SEJRANOVIC	AUS
HENRIQUE MARQUES RODRIGUES FERNANDES	BRA
FAYSAL SAWADOGO	BUR
JOAQUIN CHURCHILL MARTINEZ	CHI
EDI HRNIC	DEN
SEIF EISSA	EGY
FARZAD MANSOURI	EOR
MEHRAN BARKHORDARI	IRI
SIMONE ALESSIO	ITA
SALEH ELSHARABATY	JOR
BATYRKHAN TOLEUGALI	KAZ
GEONWOO SEO	KOR
ISMAEL COULIBALY	MLI
STEFAN TAKOV	SRB
FIRAS KATOUSSI	TUN
CJ NICKOLAS	USA
JASURBEK JAYSUNOV	UZB

### M-68kg

EDIVAL PONTES	BRA
IBRAHIM MAIGA	BUR
YUSHUAI LIANG	CHN
MARKO GOLUBIC	CRO
BERNARDO PIE	DOM
AHMED NASSAR	EGY
YAHYA AL GHOTANY	EOR
JAVIER PEREZ POLO	ESP
SOULEYMAN ALAPHILIPPE	FRA
BRADLY SINDEN	GBR
WAI FUNG LO	HKG
LEVENTE MARK JOZSA	HUN
ZAID KAREEM	JOR
KEVIN SOGO KASSMAN	PNG
BANLUNG TUBTMDANG	THA
HAKAN RECBER	TUR
ULUGBEK RASHITOV	UZB

### M+80kg

ZHAOXIANG SONG	CHN
CHEICK SALLAH CISSE	CIV
IVAN SAPINA	CRO
RAFAEL ALBA	CUB
KASRA MEHDIPOURNEJAD	EOR
ALASAN ANN	GAM
CADEN CUNNINGHAM	GBR
PAIVOU JOHNNOUARIO GOMIS	GBS
ARIAN SALIMI	IRI
CARLOS SANSORES	MEX
ABDOUL ISSOUFOU	NIG
RICHARD ANDRE ORDEMANN	NOR
GIBSON KAOGO MARA	PNG
PATRIK DIVKOVIC	SLO
EMRE KUTALMIS ATESLI	TUR
JONATHAN HEALY	USA
NIKITA RAFALOVICH	UZB