



PAN AMERICAN OPEN ONLINE POOMSAE CHAMPIONSHIPS 2026



JULY

#TodosSomosPATU #WeAreAllPATU



Dear Friends of Pan American Taekwondo

It is an honor for the Pan American Taekwondo Union to invite you to participate in the **2026 PAN AMERICAN OPEN ONLINE POOMSAE CHAMPIONSHIP**, to be held in July 2026.

We look forward to welcoming all Poomsae athletes from the Americas and their team members to share and compete in this important development event from the comfort of their home countries and schools. We would like to extend a warm welcome to you and hope that your participation will be the best it can be. We always strive to ensure a high-quality competition for everyone, aiming to provide a spectacular event for our athletes and spectators.

We look forward to welcoming the continent's top athletes.

If you need assistance or have any questions, please do not hesitate to contact us.

Best Wishes,



**LAE Juan Manuel López Delgado
Unión Panamericana de Taekwondo
Presidente**



PAN AMERICAN TAEKWONDO UNION
PAN AM POOMSAE ONLINE OPEN CHAMPIONSHIP

1. RECOGNIZED BY:

WORLD TAEKWONDO (WT)

President: Dr. Chungwon Choue

Address: Seochu – GU, Seúl – Corea

Phone:+82.2.556.2505/ **Fax:**+82.2.553.4728

Email: information@worldtaekwondo.org

Website: www.worldtaekwondo.org

2. PROMOTED BY:

PAN AMERICAN TAEKWONDO UNION (PATU)

President: Lic. Juan Manuel López Delgado

Email: events@panamericantaekwondounion.org

Website: <https://www.patutkd.org>

3. ORGANIZED BY:

PAN AMERICAN TAEKWONDO UNION (PATU)

President: Lic. Juan Manuel López Delgado

Email: events@panamericantaekwondounion.org

Website: <https://www.patutkd.org>

4. PARTICIPATION REQUIREMENTS:

Have the approval of one of the Pan American Taekwondo Union MNAs members.

5. EVENT DATES:

1 to 19 of July, 2026

09 to 29 of July	Registration Period
30 July	Publication of a video that will explain the following:
	1. Pomsae per category
	2. Technical explanation on how to record and send the videos.
	3. The evaluation criterio will be explained.
1 July	Referee Meeting
1 to 5 of July	Period to record and send videos.
6 to12 of July	Evaluation and qualification of the sent videos
19 of July	Publication of the results with the reproduction of the videos of the top 3 of each category at the Pan American Taekwondo Union social media and website.

6. Competition categories:

Individual Categories (2 poomsae)

	WHITE BELT AND ADVANCE WHITE BELTS	YELLOW AND ADVANCE YELLOW BELTS	GREEN AND ADVANCE GREEN BELTS	BLUE AND ADVANCE BLUE BELTS	RED AND ADVANCE RED BELTS	BLACK BELTS
Kids 9 to 11						
Cadet						
Junior						
-30						
-40						
-50						
-60						
-65						
over 65						

Pair categories (1 Masc./1 Fem.) (2 Poomsae)

	WHITE BELT AND ADVANCE WHITE BELTS	YELLOW AND ADVANCE YELLOW BELTS	GREEN AND ADVANCE GREEN BELTS	BLUE AND ADVANCE BLUE BELTS	RED AND ADVANCE RED BELTS	BLACK BELTS
Kids 9 to 11						
Cadet						
Junior						
-30						
Over 30						

Team Categories - 3 team members (2 Poomsae)

	WHITE BELT AND ADVANCE WHITE BELTS	YELLOW AND ADVANCE YELLOW BELTS	GREEN AND ADVANCE GREEN BELTS	BLUE AND ADVANCE BLUE BELTS	RED AND ADVANCE RED BELTS	BLACK BELTS
Kids 9 to 11						
Cadet						
Junior						
-30						
-50						
Over 50						

Family Pair Category (1 Poomsae Taeguk Free choice)

	ALL BELTS
9 to 11 + 1 parent	
Cadet + 1 parent	
Junior + 1 parent	
Siblings (Female + Male) Any age	

Family Category

Family Group (3 or more members) (1 Poomsae Taeguk Free choice)

	ALL BELTS
3 or more members	
(direct family members)	

Freestyle Individual categories

- 9 to 11 years olds
- 12 to 17 years olds
- 18+
- 30+

Freestyle Pair Categories

- 9 to 11 years old
- 12 to 17 years old
- 18+

7. Competition rules:

The judging criteria will be those set forth in the World Taekwondo Federation's Poomsae Rules.

8. Referees:

The Pan American Union will appoint international referees for the red and black belt categories, and Pan American referees for the white, yellow, green, and blue belt categories, as well as the family categories.

9. Competition Uniforms:

All competitors must wear uniforms approved by the WT and PATU

Parents in the Family categories may wear a Poomsae competition uniform or a traditional Taekwondo dobok, and may also wear a white belt, unless they are or have been practitioners and wear a belt of a different color

10. Competition registrations:

Registration for the championship will take place on the UPTKD platform via the following link:

TO BE CONFIRMED

11. Registration Fees,

Individuals Categories	Black Belt	\$45,00
	Color Belt	\$35,00
Mixed Pair	TOTAL	\$50,00
Teams (3 members)	TOTAL	\$60,00
Family Category	TOTAL	\$60,00

12. Payment Method:

TO BE CONFIRMED

13.Competition Method

- Cut-off system
- Pre-recorded
- It is recommended that videos be recorded at your dojangs, schools, or training facilities, preferably where there is sufficient space and a floor suitable for Taekwondo practice and competition

14.Competition Times

- Recognized Poomsae up to 90 seconds
- Freestyle Poomsae from 90 to 100 seconds

15. Compulsatory Poomsae for Black Belts

According to the WT rules

16.Adwards:

Online award certificate for the first 3 places:

- 1ST PLACE GOLD MEDAL (Digital)
- 2ND PLACE – SILVER MEDAL (Digital)
- 3RD PLACE – BRONZE MEDAL (Digital)
- MVP POOMSAE (Male y Female – Recognized and Free)
- BEST COACH (The one with more medals)
- BEST POOMSAE REFEREE (Male and female)
- DIGITAL TROPHY FOR TEAMS OR SCHOOLS (1st, 2nd y 3er place).
- DIGITAL PARTICIPATION CERTIFICATE, FOR ALL PARTICIPANTS.

17.RANKING:

- Ranking Panamericano P2 for ALL BLACK BELT CATEGORIES.



18.WILDCARDS:

ALL WINNERS OF 1ST, 2ND, AND 3RD PLACE IN THE BLACK BELT CATEGORIES WILL RECEIVE A WILDCARD FOR THE NEXT PAN AMERICAN CHAMPIONSHIP, BASED ON THEIR AGE GROUP