WORLD TAEKWONDO
PATU
PAN AMERICAN TAEKWONDO UNION
PANAMERICAN OPEN ONLINE POOMSAE CHAMPIONSHIPS 2026
AUGUST 1-20
#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 August 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 Regards,

Juan Manuel Lopez Delgado

LAE Juan Manuel López Delgado
Unión Panamericana de Taekwondo
Presidente

UPDATE 05/08/2026

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:**

1-20 of Agust

UPDATE 05/08/2026

10 to 29 of July	Registration Period https://uptkd.online/
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.
1st August	Referee Meeting
2 to 6 of August	Period to record and send videos.
14 to 16 of August	Evaluation and qualification of the sent videos
20 of August	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	

Team 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 to11 years old (Under 12)
- 12 to 17 years olds (Under 17)
- 18+ (Over 17)

1. **POOMSAE PARA COMPETENCIAS:**

***CATEGORÍAS INDIVIDUALES (POOMSAE OBLIGATORIAS)**

	BLANCOS & BLANCOS AVANZADOS	AMARILLOS & AMARILLOS AVANZADOS	VERDES & VERDES AVANZADOS	AZULES & AZULES AVANZADOS	ROJOS & ROJOS AVANZADOS	CINTURONES NEGROS
Infantil 9 a 11	TAE 1	TAE 2	TAE 3	TAE 5	TAE 7	TAE 7, TAE 8
Cadetes	TAE 1	TAE 2	TAE 3	TAE 5	TAE 7	TAE 8, KORYO
Juvenil	TAE 1	TAE 2	TAE 3	TAE 5	TAE 7	KORYO, TAEBEK
-30	TAE 1	TAE 2	TAE 3	TAE 5	TAE 7	KEUMGANG, PYONGWON
-40	TAE 1	TAE 2	TAE 3	TAE 5	TAE 7	TAEBEK, SIPJIN
-50	TAE 1	TAE 2	TAE 3	TAE 5	TAE 7	SIPJIN
-60	TAE 1	TAE 2	TAE 3	TAE 5	TAE 7	SIPJIN
-65	TAE 1	TAE 2	TAE 3	TAE 5	TAE 7	SIPJIN
+65	TAE 1	TAE 2	TAE 3	TAE 5	TAE 7	SIPJIN

2.- PARA LAS DEMAS CATEGORIAS CADA COMPETIDOR PUEDE ESCOGER EL POOMSAE QUE DESEE EJECUTAR, MISMO CASO PARA PAREJAS.

1.-RECOGNIZED POOMSAE:

*INDIVIDUAL CATEGORY (POOMSAE COMPULSORY)

	WHITE BELT	YELOW BELT	GREEN BELT	BLUE BELT	RED BELT	BLACK BELT
KIDS 9 TO 11	TAE 1	TAE 2	TAE 3	TAE 5	TAE 7	TAE 7, TAE 8
CADETS	TAE 1	TAE 2	TAE 3	TAE 5	TAE 7	TAE 8, KORYO
JUNIOR	TAE 1	TAE 2	TAE 3	TAE 5	TAE 7	KORYO, TAEBEK
U30	TAE 1	TAE 2	TAE 3	TAE 5	TAE 7	KEUMGANG, PYONGWON
U40	TAE 1	TAE 2	TAE 3	TAE 5	TAE 7	TAEBEK, SIPJIN
U50	TAE 1	TAE 2	TAE 3	TAE 5	TAE 7	SIPJIN
U60	TAE 1	TAE 2	TAE 3	TAE 5	TAE 7	SIPJIN
U65	TAE 1	TAE 2	TAE 3	TAE 5	TAE 7	SIPJIN
O65	TAE 1	TAE 2	TAE 3	TAE 5	TAE 7	SIPJIN

2.- FOR ALL OTHER CATEGORIES, EACH PLAYER (S) CAN CHOOSE THE POOMSAE THEY WANT TO RUN, SAME CASE IS FOR MIX PAIR, TEAM, ETC.

Recognized Poomsae
The athletes of the black belt categories:

Kids
Cadets
Junior
U30
U40

They must present a single video with the execution of their 2 compulsory Poomsae with a break of 30 seconds between Poomsae and Poomsae

Freestyle Pair Categories

- 9 to 11 years old (Under 12)
- 12 to 17 years old (Under 17)
- 18+ (Over 17)

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

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:

(TBC)

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 Digital)
- BEST COACH (The one with more medals Digital)
- BEST POOMSAE REFEREE (Male and female Digital)
- DIGITAL TROPHY FOR TEAMS OR SCHOOLS (1st, 2nd y 3er place Digital).
- DIGITAL PARTICIPATION CERTIFICATE, FOR ALL PARTICIPANTS.

17.RANKING:

- Pan American Ranking 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