
PATU
PAN AMERICAN TAEKWONDO UNION
WORLD TAEKWONDO
WORLD TAEKWONDO CHILE
DECEMBER
3-6
2026
TAEKWONDO
TECHNICAL
FESTIVAL
CENTRO DE ALTO RENDIMIENTO
DE SANTIAGO DE CHILE
#TodosSomosPATU #WeAreAllPATU

OFFICIAL RULES

Pan American Youth Camp “Santiago, Chile 2026”

I. GENERAL INFORMATION

Sponsored by: Pan American Taekwondo Union (PATU)
President: LAE. Juan Manuel López Delgado
Website: https://www.patutkd.org
Organising Committee:
Pan American Taekwondo Union (PATU) and Chilean Taekwondo Federation
Chairperson: Dr Natalia Raggio Reyes
Dates: 3–6 December 2026
Venue and Address: Olympic Training Centre. Ramón Cruz 1176, Ñuñoa, Santiago, Chile
Official Contact: events@panamericantaekwondounion.org and gerencia.general@taekwondowtf.cl

II. CONDITIONS OF PARTICIPATION

1. Eligibility: All athletes belonging to the various National Member Associations (NMA) within the PATU region who receive a direct invitation from this continental union may participate. Mandatory requirements:

- Copy of identity card (ID) or passport.
- Certificate of rank.
- Cadet, Junior and Senior categories from 4th Gup upwards.
- Official endorsement from their respective MNA and/or PATU.

2. Registration: Registration must be completed exclusively using the following link: https://forms.gle/sAbXmUMjJbeyULmm7

3. Accommodation and Transport: Expenses relating to air and/or land transport, as well as accommodation, shall be borne by each participant; however, an accommodation guide will be provided to those who request it.

4. Required Equipment: All participants must present in sportswear; during the seminar, the wearing of a dobok will be compulsory, as well as specific Taekwondo trainers.

For the Kyorugui seminar, a full set of protective gear is required.

For the Poomsae seminar, a competition-style poomsae dobok is optional.

5. Liability Waiver and Insurance: By registering for the event, participants agree to the rules and conditions established by the Organizing Committee. Athletes participate at their own risk. The Organizer will not be held liable for any loss or damage to persons or equipment under any circumstances.

Medical Insurance: It is mandatory for all officials and participants to have valid medical coverage.

The respective Taekwondo associations and/or national teams must ensure that all officials and participants are covered by adequate medical insurance. For further information and quotations regarding major medical expense insurance, please contact medimex.internacional@gmail.com.

6. Certification: Each participant will receive a certificate accrediting them as a participating athlete or official. The issuance of this document is subject to passing the final evaluations required by the Organizing Committee and to full attendance at all training sessions.

III. PROGRAM CONTENT

The 2026 Pan American Camp in Chile will be led by the most distinguished professionals in each area of study.

KYORUGI PROGRAM – Instructor: Rafael Alba Castillo:

Day 1

Block 1: Technical - Tactical (Current WT)

- DAEDO / KP&P electronic scoring system (PSS).
- Scoring zones and mechanics.
- Close-range and long-range combat (Athlete Profile).
- Kicking mechanics for PSS (double and triple kicks).
- Strategies for managing the clinch and lateral escape (Rule 2026).
- Mastering the end of the bout (last 10 seconds of each round).

Block 2: Physical and Scientific Preparation

- Specific physical training for Kyorugi (interval training).
- Reactive strength for kicking electronic chest pads.
- Prevention of knee and ankle injuries in high-performance athletes.
- Safe strategies for weight cutting (without dehydration).

Day 2

Block 3: Rules and Refereeing

- WT 2026 Rules (Update on penalties).
- Refereeing criteria (Penalty points assigned by international referees).
- Proper use of video replay (When and how to request it).
- Mock matches with official refereeing

Block 4: Mental and Strategic Training Analysis of high-level opponents (Mexico, USA, Brazil, Colombia).

- Competitive circuit leading up to Lima 2027 (Ranking points).
- Mental training plan for the 2027 Pan American Games.

Block 5: Final Evaluation

- Ranking matches with judges in real time
- Awarding of diplomas and outlook toward the National Youth Preselection.

POOMSAE SEMINAR PROGRAM Presented by Master Seongeun Rim

Day 1

Technical session focused on Poomsae and Freestyle

I. TECHNICAL MODULE AND BIOMECHANICS (JIBON DONGJAK)

● Fundamentals of Stance (Seogi):

- Alignment, center of gravity, and weight distribution (Ap Seogi, Ap Koobi, Dwit Koobi, Beom Seogi, Hakdary Seogi, Naranhi Seogi).
- Transitions and footwork: dynamism, balance, and postural control.

● Blocking (Makgi) and Striking (Jirugi / Chigi / Chigi) Techniques:

- Biomechanics of trajectory, point of origin, and point of impact.
- Tension, relaxation, and the concept of Twist/Chagi (hip and wrist rotation).

● Kicking Techniques (Chagi) Applied to Poomsae:

- Extension, retention, and regulation height (Ap Chagi, Yeop Chagi, Duit Chagi, Dolleyo Chagi).
- Joint control and balance maintenance during the recovery phase.

II. RECOGNIZED POOMSAE MODULE

- **Basic and Intermediate Poomsae:**
  - Correction of WT-standardized trajectories and rhythms.
  - Identification of common errors in the Children's and Cadet divisions.
- **Advanced Poomsae:**
  - Analysis of Poomsae for the Junior, Under 30, Under 40, and **Master categories (Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Cheonkwon, Hansoo)**
  - Expression of energy (Kihap), management of pauses and breathing intervals.

III. WT RULES AND EVALUATION CRITERIA MODULE

- **Accuracy (4.0 Points):**
  - Analysis of minor (-0.1) and major (-0.3) deductions.
  - Errors in stance, arm alignment, kick height, and direction of gaze.
- **Presentation (6.0 Points):**
  - Power and Speed: Control of acceleration and final point of focus.
  - RHYTHM AND HARMONY: Continuity of movement flow and distinction between fast and slow movements.
  - Expression of Energy: Power, concentration, and competitive attitude.

IV. FREESTYLE POOMSAE MODULE

- **Regulatory Structure:**
  - Mandatory requirements for acrobatic kicks (multi-jump kick, spin kick, simulated combat kicks).
  - Composition of permitted acrobatic elements, jumps, and gymnastic movements.
- **Composition and Coordination:**
  - Synchronization with the music and choreographic design within the area (8x8 m).
  - Artistic expression and construction of individual routines

V. SPECIFIC PHYSICAL TRAINING AND INJURY PREVENTION

- **Active Flexibility and Joint Mobility:**
  - Mobility protocols for the hip and lumbar spine to maximize the height of the Yeop Chagi.
- **Proprioception and Core Control:**
  - Unilateral stability exercises to prevent swaying at the points of contact.
- **Explosive Strength:**
  - Plyometric exercises focused on kicking power and physical endurance for complete sequences.

PROGRAM

DAY 1: DEC. 3

TIME	ACTIVITY
8:00 – 10:00	REGISTRATION AND ACCREDITATION
10:00 – 10:30	OPENING CEREMONY
10:30 – 12:00	KYORUGI (SPECIFIC PREPARATION)
12:00 - 13:00	KYORUGI (SPECIFIC TRAINING)
13:00 -15:00	LUNCH BREAK
15:00 - 18:00	KYORUGI (SPECIFIC TRAINING)

DAY 2: DEC. 4

TIME	ACTIVITY
9:00 -10:00	INJURY PREVENTION
10:00 - 12:00	KYORUGI (TECHNICAL AND TACTICAL)
12:00 - 13:00	KYORUGI RULES
13:00 -15:00	LUNCH BREAK
15:00- 18:00	REAL-TIME COMPETITIVE KYORUGI (JUDGES)

DAY 3: DEC. 5

TIME	ACTIVITY
9:00 -11:00	FREESTYLE POOMSAE
11:00 - 13:00	RULES FOR RECOGNIZED AND FREESTYLE POOMSAE
13:00 - 15:00	LUNCH BREAK
15:00 -18:00	RECOGNIZED POOMSAE

DAY 4: DEC 6

TIME	ACTIVITY
9:00 -12:00	COMPETITIVE POOMSAE IN REAL TIME (JUDGES)
12:00 - 15:00	COMPETITIVE POOMSAE IN REAL TIME (JUDGES)
15:00 – 16:00	CLOSING CEREMONY AND PRESENTATION OF CERTIFICATES OF PARTICIPATION

UPDATE 10/10/2026