



2023-2024 USA TAEKWONDO NATIONAL TEAM PATHWAY INFORMATION PACKET

USA TAEKWONDO EVENTS

USATKD STATE CHAMPIONSHIPS:

Poomsae and Sparring

- State Championships: US 12.0 Event
- All US athletes who are USA Taekwondo members may compete in a USATKD State Championship event.
- Athletes may attend any number of USATKD State Championships.
- Athletes may choose to compete at any USATKD State Championship. It is not required for an athlete to compete in his/her home state.
- US ranking points earned will be based on athlete competition results. See the [ranking rules](#) for details about points.
- Athletes may earn US ranking points from up to three (3) USATKD State Championships. If an athlete competes at more than one (1) USATKD State Championships, he/she will earn the points earned from all attended up to a maximum of the three (3) highest USATKD State Championships.
 - For Example: If an athlete competes at five (5) USATKD State Championships and receives 50, 20, 30, 40, 20 points from each these championships, the US ranking points the athlete will earned will be 30, 40 and 50 (the 3 highest).

2023 U.S. GRAND PRIX REGIONAL EVENTS (West, Central, East):

Poomsae and Sparring

- U.S. Grand Prix Regional: US 14.0 Event
- Athletes may attend one (1) 2023 U.S. Grand Prix Regional Event.
- An athlete may compete at a 2023 U.S. Grand Prix Regional Event outside of his/her home region with permission from the Events Department.
- U.S. ranking points earned will be based on athlete competition results from the one (1) 2023 U.S. Grand Prix Regional event attended.

2023 U.S. TAEKWONDO NATIONAL CHAMPIONSHIP:

Poomsae and Sparring

- U.S. Taekwondo National Championship: US-16.0 Event
- This event is a USATKD Major Event for poomsae and sparring
- U.S. ranking points earned will be based on athlete competition results

2023 U.S. GRAND PRIX FINAL:

Poomsae and Sparring

- U.S. Grand Prix Final: US 20.0 Event
- This event is a USATKD Major Event for poomsae and sparring
- U.S. ranking points earned will be based on athlete competition results.

2023 U.S. OPEN CHAMPIONSHIP:

Poomsae and Sparring

- U.S. Open Championship: US 20.0 Event
- This event is a USATKD Major Event for poomsae and sparring
- This event is a sanctioned World Taekwondo G2 Event.
- U.S. ranking points earned will be based on athlete competition results.

USA TAEKWONDO EVENT QUALIFICATIONS for POOMSAE & SPARRING

QUALIFICATION: FOR 2023 U.S. GRAND PRIX REGIONALS

- All US athletes who are USA Taekwondo members may participate at one (1) of the 2023 U.S. Grand Prix Regional Events (West, Central, East).

QUALIFICATION: FOR 2023 U.S. TAEKWONDO NATIONAL CHAMPIONSHIPS

Path 1: via USATKD State Championships for poomsae and sparring

- If an athlete wins 1st place (a gold medal) at a USATKD State Championship in an eligible division, he/she automatically qualifies to compete at the 2023 U.S. Taekwondo National Championships.
 - USATKD State Champions (Earn 1st place – Gold Medalist)
 - If an athlete earns 1st place (gold medal) from a USATKD State Championship, he/she is automatically qualified to compete at the 2023 U.S. Taekwondo National Championship.
 - If an athlete earns 1st place (gold medal) from the USATKD State Championship in a sparring division, that athlete is qualified to compete at the 2023 U.S. Taekwondo National Championship in either or both Sparring and Poomsae.
 - If an athlete earns 1st place (gold medal) from the USATKD State Championship in a poomsae division, that athlete is qualified to compete at the 2023 U.S. Taekwondo National Championship in either or both Sparring and Poomsae.

- If an athlete earns 1st place (gold medal) from the USATKD State Championship in a poomsae division, that athlete is qualified to compete at the 2023 U.S. Taekwondo National Championship other poomsae divisions.

Path 2: via the 2023 U.S. Grand Prix Regional (West, Central or East)

- If an athlete participates (registers, weighs-in for sparring, and steps on the mat for either poomsae and/or sparring) at a 2023 U.S. Grand Prix Regional (West, Central or East) he/she automatically qualifies to compete at the 2023 U.S. Taekwondo National Championship, no matter what place they finish in their division.

QUALIFICATION: FOR THE 2023 U.S. GRAND PRIX FINAL:

Poomsae and Sparring

- Athletes who earn a medal (1st, 2nd, 3rd, 3rd) at a 2023 U.S. Grand Prix Regional Event (West, Central or East) qualify to compete at the 2023 U.S. Grand Prix Final.
- Athletes who earn a medal (1st, 2nd, 3rd, 3rd) at the USATKD National Championships qualify to compete at the 2023 U.S. Grand Prix Final.

QUALIFICATION: FOR THE 2024 USATKD SPARRING TEAM TRIAL

Black Belts:

- All athletes who medal (1st, 2nd, 3rd, 3rd) at any of the following events will receive an invite to compete at the 2024 USA Taekwondo Team Trial:
- 2023 U.S. Open Championship (Senior, Junior, Cadet, Ultra)
- 2023 U.S. Taekwondo National Championship (Ultra, Senior, Junior, Cadet)
- 2023 U.S. Grand Prix Final (Ultra, Senior, Junior, Cadet)
- Any 2023 World Taekwondo G-Rated Events* (Senior, Junior).
- #1 USA Taekwondo Ranked Athlete as of 12/31/23 (Ultra, Senior, Juniors, Cadet)
- Top 20 World Taekwondo – World Kyorugi Ranked U.S. Athlete as of 12/31/23 (Seniors only)
- All 2023 USATKD National Team Members (Ultra, Senior, Juniors, Cadet)

*For Details regarding G-Event, please see section titled: USA Taekwondo Pathway Qualifications - World Taekwondo G-Events

Aging Up Junior Athletes:

16 or 17 year old junior athletes aging up qualify to compete as a senior at the 2024 USATKD Team Trial if one of the following has been earned in 2023.

- 2023 Domestic and/or International Dominant Athlete Status
- 2023 U.S. Grand Prix Final Gold Medalist (domestic)
- 2023 U.S. Open 1st place (Gold) medalist (international)

Aging Up Cadet Athletes:

14 year old cadet athletes aging up qualify to compete as a junior at the 2023 U.S. Team Trial if one of the following has been earned in 2023.

- 2023 Domestic Dominant Athlete Status
- 2023 U.S. Grand Prix Final 1st place (Gold) medalist
- 2023 U.S. World Championship Team Member

*Height divisions will be used at the Cadet Team Trials.

Aging Up Youth Athletes:

11 year old youth athletes aging up qualify to compete as a cadet at the 2024 USATKD Team Trial if one of the following has been earned in 2023.

- 2023 Domestic Dominant Athlete Status
- 2023 U.S. Grand Prix Final 1st Place (Gold) medalist

DOMESTIC DOMINANT ATHLETE STATUS

- Domestic dominant athlete status applies to Seniors, Juniors, Cadets, Youth, and Ultras
- Domestic Dominant Athlete Status is achieved when an athlete wins 3 out of 4 of these USATKD Majors.
 - 1st place (Gold medal) at 2023 U.S. Taekwondo National Championships
 - 1st place (Gold medal) at 2023 U.S. Grand Prix Final
 - 1st place (Gold medal) at 2023 U.S. Open Championship
 - #1 U.S. Ranked Athlete as of 12/31/23)

INTERNATIONAL DOMINANT ATHLETE STATUS

Seniors only:

- International Dominant Athlete Status is achieved if 1 of the following:
 - Athlete wins any medal at any three (3) World Taekwondo G-Rated Events.
 - Athlete wins any medal (1st, 2nd, 3rd) at any two (2) World Taekwondo G-Rated Events* PLUS is ranked Top 20 in the World Taekwondo – World Kyorougi Rankings as of 12/31/23
- Completed results/brackets must be emailed to Eric Wininger @ ewininger@usatk.org

Juniors only:

- International Dominant Athlete Status is achieved when:
 - Athlete wins any medal at any three (3) World Taekwondo G-Rated Events*
- Completed results/brackets must be emailed to Eric Wininger @ ewininger@usatk.org

*For Details regarding G-Event, please see section titled: USA Taekwondo Pathway Qualifications - World Taekwondo G-Events

USA TAEKWONDO PATHWAY QUALIFICATIONS – WORLD TAEKWONDO G-EVENTS

**Per World Taekwondo a World Taekwondo G-rated event will not be considered if there are less than 4 countries in the tournament or less than 4 competitors in the bracket.
Per World Taekwondo.**

TERMS AND CONDITIONS

Development of 2023-2024 USA Taekwondo National Pathways

- The following committee/group were responsible for the creating of these pathways:
- Steve McNally
- Paul Green
- Sherman Nelson
- Eric Wininger

Athlete Ombudsman

- Athletes who have questions regarding their opportunity to compete that are not answered by USA Taekwondo may contact the USOPC Athlete Ombudsman:
- Toll free telephone number (888) ATHLETE
- Email: ombudsman@usathlete.org
- Website: www.888athlete.org