

Single
competitors

2026 U.S. National Taekwondo Championships



Wed 01 July 2026 / Sun 05 July 2026

ID	Competitor	Team	Country
Cadet Sparring / Yellow Belt / (-33kg) Cadet Female			
1997	Heidi HELTON	TEXAS, USA	Texas, USA
Cadet Sparring / Yellow Belt / (-37kg) Cadet Female			
139	Olivia SHIM	CALIFORNIA, USA	California, USA
Cadet Sparring / Blue Belt / (+59kg) Cadet Female			
1123	Amrit POWAR	EVEREST TAEKWONDO ASSOCIATION	Michigan, USA
Cadet Sparring / Yellow Belt / (-37kg) Cadet Male			
1812	Evan BUSTOS	GENESIS TAEKWONDO ACADEMY	Texas, USA
Cadet Sparring / Yellow Belt / (-65kg) Cadet Male			
530	Nathan SOLIS	U.S. CHAMPIONS TAEKWONDO	California, USA
Senior Sparring / Red Belt / (-49kg) Senior Female			
814	Gabrielle JEAN-BAPTISTE	GEORGIA ELITE TKD	Georgia, USA
Senior Sparring / Yellow Belt / (-49kg) Senior Female			
1998	Baneen HAMZA	TEXAS, USA	Texas, USA
Senior Sparring / Green Belt / (-57kg) Senior Female			
534	Marisol MEDINA	U.S. CHAMPIONS TAEKWONDO	California, USA
Senior Sparring / Blue Belt / (-67kg) Senior Female			
2025	TANIA WALLE	TEXAS, USA	Texas, USA
Senior Sparring / Blue Belt / (+67kg) Senior Female			
1593	Christina NANCE	NORTH CAROLINA, USA	North Carolina, USA
Senior Sparring / Yellow Belt / (+67kg) Senior Female			
1899	Melany RUIZ GUARDADO	NO LIMITS MARTIAL ARTS CHAMPIONS	Texas, USA
Senior Sparring / Red Belt / (-58kg) Senior Male			
1416	Matthew NIEBERGALL	NEW YORK, USA	New York, USA
Senior Sparring / Yellow Belt / (-58kg) Senior Male			
1589	Zaeya DEBENEDETTI	NORTH CAROLINA, USA	North Carolina, USA
Senior Sparring / Green Belt / (-68kg) Senior Male			
2029	Christian MUNIZ	TEXAS, USA	Texas, USA
Senior Sparring / Red Belt / (-80kg) Senior Male			
68	Omar MANCIA	ARISE CHAMPION TAE KWON DO	California, USA
Senior Sparring / Blue Belt / (-80kg) Senior Male			
1300	Cesar Enrique FLORES REYES	NEW JERSEY, USA	New Jersey, USA
Senior Sparring / Blue Belt / (+80kg) Senior Male			
1675	joseph NWAMARAH	405 TAEKWONDO LLC	Oklahoma, USA

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ID	Competitor	Team	Country
Tiger Sparring / Red Belt / (+33kg) Tiger Female			
225	Coraline ELDREDGE	EXCEL TAEKWONDO CENTER	California, USA

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