## 

## 2026 USA Taekwondo National Poomsae Team Pathway

This document details the pathway for an athlete, pair, or team to earn a spot on the 2025 USA Taekwondo National Poomsae Team for national team events for the following divisions:

**Recognized Individual Divisions**

Female 12-14 Black Belt, Male 12-14 Black Belt

Female 15-17 Black Belt, Male 15-17 Black Belt

Female 18-30 Black Belt, Male 18-30 Black Belt

Female 31-40 Black Belt, Male 31-40 Black Belt

Female 41-50 Black Belt, Male 41-50 Black Belt

Female 51-60 Black Belt, Male 51-60 Black Belt

Female 61-65 Black Belt, Male 61-65 Black Belt

Female 66+ Black Belt, Male 66+ Black Belt

## Recognized Mixed Pair Divisions (1 female + 1 male)

## 12-14 Black Belt

## 15-17 Black Belt

Under 30 Black Belt

Under 50 Black Belt

Under 60 Black Belt

Over 60 Black Belt

**Recognized Team Divisions (3 females or 3 males)**

Female Team 12-14 Black Belt, Male Team 12-14 Black Belt

Female Team 15-17 Black Belt, Male Team 15-17 Black Belt

Female Team Under 30 Black Belt, Male Team Under 30 Black Belt

Female Team Under 50 Black Belt, Male Team Under 50 Black Belt

Female Team Under 60 Black Belt, Male Team Under 60 Black Belt

Female Team Over 60 Black Belt, Male Team Over 60 Black Belt

**Freestyle Individual Divisions**

Female Under 17 (12-17) Black Belt, Male Under 17 (12-17) Black Belt

Female Over 17 Black Belt, Male Over 17 Black Belt

**Freestyle Mixed Pair Divisions (1 female + 1 male)**

Under 17 (12-17) Black Belt

Over 17 Black Belt

**Freestyle Mixed Team Divisions (5 athletes plus 1 alternate, at least 2 females and 2 males)**

Mixed Team Under 17 (12-17) Black Belt

Mixed Team Over 17 Black Belt

*\*Any change in the composition of a pair or team (including freestyle team alternates) will result in that pair or team being considered a new pair or team for the purposes of replacement of athletes or pathway considerations. For example, the removal or replacement of an athlete from a pair or team for voluntary reasons, medical reasons, or aging up will result in that team being considered a new pair or team that would no longer have the rights of the previous pair or team with regard to national team status or pathway benefits.*

**The 2026 National Team Trials w**ill take place in two rounds: the Qualification Round and the Selection Round. The winners of the Selection Round will serve as the team members for the entire calendar year.

## Major Events

2025 US Open

2025 US Taekwondo National Championships

2025 US Final Championships

# TEAM TRIAL QUALIFICATION ROUND

The **Qualification Round** is contested first.

**Recognized Poomsae:** The format of this round is two parts:

**Part 1:** A randomly ordered draw where all contestants perform a single randomly drawn poomsae.

**Part 2:** A different randomly ordered draw where all contestants perform a different single randomly drawn poomsae. No athlete will go first in both rounds.

The winner of the Qualification round will be the competitor with the highest combined score of the two poomsae. In the case of a tie, the winner is the competitor with the highest presentation score. If the competitors are still tied, all scores received during the competition are considered (without dropping the high and low scores). If the scores are still tied, the competitors will perform a randomly selected poomsae, and the scores from that poomsae will be used to break the tie.

**Freestyle Poomsae:** Athletes will contest a single freestyle poomsae with random order. The winner of the Qualification Round advances to the Selection Round.

For Freestyle Divisions: If there are five or more entries in the Qualification Round and no athletes contest the Selection Round, the athletes shall contest the Qualification Round, and then the top four athletes shall contest the Selection Round.

If there are four or fewer entries in the Qualification round and no athletes contest the Selection Round, then all athletes will immediately proceed to the Selection Round without contesting the Qualification Round. The winner of the Selection round is named the USATKD National Poomsae Team Member.

## † Under 17 Individual Freestyle Eligibility

Because the Under 17 Freestyle Division age span is 12-17 (combination of 12-14 and 15-17), and is impacted by a small developmental pipeline in the prior age (10-11) division, the following rules apply to Under 17 Freestyle Individual Divisions only at USATKD Major Events:

The top four finishers, who do not age up in 2025, will advance to the Qualification Round. This will roll down to include only the top 8 finishers in the division.

# INDIVIDUAL DIVISIONS

Athletes who meet one of the following criteria in 2025 in the relevant division compete in the Qualification Round:

* USATKD Major Event Silver and Bronze Medalists
* Highest ranked athlete in the USATKD Rankings as of December 31, 2025
* Athletes who have won two golds within the same individual division at a G1 or G2 Event (must have at least one opponent)
* Athletes who age up in 2026 and have won gold, silver or bronze medals at a USATKD Major Event in the previous age division in 2025
* Aged up 2025 USATKD National Team members in the same category
* Under 30 & Under 40, Over 17 Freestyle: Top 20 WT World Ranking as of December 31, 2025

# PAIR/TEAM DIVISIONS

The following athletes compete in the Qualification Round:

* Any age-eligible pair or team that applies by the posted deadline

# TEAM TRIAL SELECTION ROUND

The **Selection Round** is contested after the conclusion of the Qualification Round.

**For Freestyle Poomsae,** athletes will perform once in random order. The winner of the Selection Round is the winner of the team trial.

**INDIVIDUAL Divisions** - Athletes who accomplish one of the following criteria in 2025 in the relevant division compete in the Selection Round\*\*:

* Winner of the Qualification Round
* 2025 National Team Member\*\*\*
* USATKD Major Event Gold Medalist
* International Dominant Athlete
* Aging up International Dominant Athlete

**PAIR/TEAM Divisions** – Pairs and teams that accomplish one of the following criteria in 2025 in the relevant division compete in the Selection Round\*\*:

* Winner of the Qualification Round
* 2025 National Team Member\*\*\*
* USATKD Major Event Gold Medalist
* International Dominant Pair/Team
* Aging up International Dominant Pair/Team

\*\* If no athletes contest the Selection Round and there are five or more entries in the Qualification round, then the top four individuals, pairs or teams from the Qualification Round progress to the Selection Round.

If there are four or fewer entries in the Qualification round and no athletes contest the Selection Round, then all athletes will immediately proceed to the Selection Round without contesting the Qualification Round. The winner of the Selection round is named the 2025 USATKD National Poomsae Team Member.

\*\*\*Benefits of being selected the National Team member only apply to the winner of the team trials; any athlete who acts as an alternate in a National Team event does not receive these benefits.

## International Dominant Athlete

An international dominant athlete, pair, or team is one who has proven to be dominant in international competition by accomplishing one of the following criteria in the relevant division in 2025:

* Win three golds at a G1 or G2 event (must have five or more opponents)
* Win a gold medal at a G4 or higher event (must have five or more opponents)
* **U30 & U40, O17 Freestyle Individual Only:** Achieve #1-4 WT ranking in the world on December 31, 2025
* There may be more than one International Dominant athlete.

## Notes on International qualification through WT G-rated Events

Proof of international results must be submitted by the athlete to USATKD by emailing [ewininger@usatkd.org](mailto:ewininger@usatkd.org) in the form of an official bracket or official results sheet published by the tournament organizer within 60 days of the event. Photographs of athletes on podium or ringside monitors will not be accepted.

ALL divisions with at least two contestants**\*** at a WT G-rated poomsae event will be considered as criteria for inclusion in the 2026 Team Trials. In other words, not only the WT-ranked poomsae divisions, but all divisions contested at that event will contribute to an athlete's eligibility.

**\*** Athletes must compete against another athlete who is present and receives a score.

**Individual Pathway**

**Qualification Round (athletes who achieve one of the following in 2025):**

* USATKD Major silver or bronze medalist†
* Highest USATKD Ranking Points as of December 31, 2025
* Winners of two golds at a G1 or G2 event (must have one or more opponents)
* Aging up USATKD Major Championships medalists
* Aging up USATKD National Team Member
* **U30, U40 & O17FS:** Top 20 WT Ranked Athletes as of December 31, 2025

*† See “U17 Individual Freestyle Eligibility” Section*



**Achieve International Dominant Athlete Status (athletes who achieve one of the following in 2025)**:

* Win at least three WT G-rated Gold Medals (must have five or more opponents)
* Win a gold medal at a WT G4 or higher event (must have five or more opponents)
* U30, U40 & O17FS: Achieve WT Top 4 Ranking on December 31, 2025

**Winner of Selection Round is the Team Member**

**Selection Round (athletes who achieve one of the following in 2025)**:

* Athletes advancing from Qualification Round†
* National Team Member
* USATKD Major Championships Gold medalist
* International Dominant Athlete
* Aging up International Dominant Athlete

**Pair/Team Pathway**



**Winner of Selection Round is the Team Member**

**Selection Round (achieve one of the following in 2025)**:

* Athletes advancing from Qualification Round
* National Team Member
* USATKD Major Gold medalist
* International Dominant Pair/Team
* Aging up International Dominant Pair/Team

**Qualification Round:**

* Any age-eligible pair or team that applies by the posted deadline

**Achieve International Dominant Athlete Status (achieve one of the following in 2025)**:

* Win at least three WT G-rated Gold Medals

(must have five or more opponents**)**

* Win a gold medal at a WT G4 or higher event (must have five or more opponents)

This graphic above is for illustrative purposes only. For the complete pathways process, please refer to the text of this document.

## 