



U.S. NATIONAL TEAM PATHWAY

SENIOR - SPARRING

2024-2025



SENIOR BLACK BELTS

EVENT PATHWAY TO US NATIONAL TEAM MEMBER

DOMINANT ATHLETE

DOMESTIC PATH

Win 3 of 4 of these USATKD Majors and become the Domestic Dominant Athlete



USATKD MAJOR EVENTS

INTERNATIONAL PATH

Win 3 medals at WT* G-Rated Events
- 2 (Two) Gold Medals
- Any 1 (one) other Medal

-OR-

Be ranked in the Top 20 of the World Taekwondo World Kyorugi Rankings (as of 12/31/24)*

*A WT bracket must have at least four (4) athletes from four (4) different countries for the medal to count towards the international path.

*Completed Results/Brackets must be emailed to Eric Winger at ewinger@usatk.org.



2025 USATKD TEAM TRIALS

2024 event results determine the athletes who will be invited to compete at the 2025 USATKD Team Trials.

The winner of the 2025 USATKD Team Trials becomes the USA Taekwondo National Team Member.



QUALIFYING EVENTS



SENIOR BLACK BELTS

EVENT PATHWAY TO US TKD NATIONAL TEAM MEMBER

TO QUALIFY FOR THE 2024 US NATIONAL TKD CHAMPIONSHIP

Win 1st place or 2nd place at 1 (one) 2024 USATKD State Championship

-OR-

Participate at 1 (one) 2024 US Regional Qualifier Event (East or West)

TO QUALIFY FOR THE 2024 US FINAL CHAMPIONSHIP EVENT

-Win any medal at a 2024 US Regional Qualifier Event (East or West)

-Win any medal at the 2024 US National Taekwondo Championship

-Top four highest ranked athletes not qualified via a 2024 US Regional Qualifier or 2024 US National Taekwondo Championships

TO QUALIFY FOR THE 2025 USATKD TEAM TRIALS

All Athletes who medal at any of the following events:

- 2024 US Open
- 2024 US National Taekwondo Championship
- 2024 US Final Championship

#1 USATKD Ranked Athlete as of 12/31/24

Top 20 WT World Kyorugi Ranked athlete as of 12/31/24

International Dominant Athlete

Domestic Dominant Athlete

All 2024 USATKD Senior National Team Members

All 2024 Olympic Athletes