



U.S. NATIONAL TEAM PATHWAY

JUNIOR - SPARRING

2024-2025



JUNIOR 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

To become International Dominant Athlete:

Win 3 (three) medals at WT* G-Rated Events:

- 2 (two) Gold Medals
- Any 1 (one) other Medal

-OR-

To Qualify for USATKD Team Trials:
Win any 2 (two) medals at WT* G-Rated Events

*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 Winingar at ewiningar@usatkd.org.

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



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EVENT PATHWAY TO US 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)

-OR-

Win any medal at the 2024 US Taekwondo National Championships

TO QUALIFY FOR THE 2025 USATKD TEAM TRIALS

ALL ATHLETES MUST PARTICIPATE AT THE 2024 U.S. NATIONAL TAEKWONDO CHAMPIONSHIPS

-AND-

All Athletes who medal at any of the following events:

- 2024 US Open
- 2024 US National Taekwondo Championship
- 2024 US Final Championship
- Win any 2 (two) medals at 2024 WT G-Rated Events

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

International Dominant Athlete

Domestic Dominant Athlete

All 2024 USATKD Junior National Team Members

AGING UP JUNIOR ATHLETES

16 & 17 year old Junior athletes aging up qualify to compete as a Senior at the 2025 USATKD Team Trial if one of the following has been earned in 2024:

• 2024 Domestic and/or International Dominant Athlete Status

• 2024 US Final Championship Gold Medalist (Domestic)

• 2024 US Open Gold Medalist (International)

• 2024 US National Team Member



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EVENT PATHWAY TO US TKD NATIONAL TEAM MEMBER

2025 USATKD TEAM TRIALS

2025 USATKD NATIONAL TEAM MEMBER

The 2025 USATKD National Team Member will represent the United States while competing at the international and continental events in 2025.

The 2025 USATKD National Team Member will have the opportunity to train with the United States coaches.

2025 USATKD ALTERNATE NATIONAL TEAM MEMBER

The 2025 Alternate USATKD National Team Member will be called upon to fill the position of the 2025 USATKD Team Member is circumstances are applicable.

The 2025 Alternate USATKD National Team Member may be given training and/or competition opportunities with the US coaches and team or Regional coaches

TEAM TRIAL COMPETITION FORMAT

The 2025 USATKD Team Trial competition format will consist of one single elimination bracket.

The single elimination bracket will include athletes:

- International Dominant Athletes
- Any two (2) medals at WT G-rated events
- Aged up eligible Cadet division athletes
- #1 USATKD Ranked Athlete (As of 12/31/24)
- Domestic Dominant Athlete
- 2024 Eligible US National Team Member
- 2024 Eligible US Aged up Cadet US National Team Member
- Athletes who have earned a Gold, Silver or Bronze Medal at any one (1) of the USATKD Major Events:
 - US Taekwondo National Championship
 - US Final
 - US Open

*If there are four or less athletes in a division, that division will be round robin.

*If there are only two athletes in a division, that division will be the best two out of three matches.

*Athletes may enter the fight off in the division they qualified in or athletes may move up one weight division from the division they qualified in.



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2025 US TEAM TRIAL INFORMATION

FINAL ROUND SEEDING

- Seed 1: 2024 National Team Member
- Seed 2: International Dominant Athlete
- Seed 3: Domestic Dominant Athlete
- Seed 4: 2024 US Open Gold Medalist
- Seed 5: 2024 US Final Gold Medalist
- Seed 6: 2024 US Taekwondo National Championship Gold Medalist
- Seed 7: #1 USATKD Ranked Athlete (as of December 31, 2024)
- Seed 8: Any two(2) WT G-Event medals
- Seed 9: 2024 US Open Silver Medalist
- Seed 8: 2024 US Final Silver Medalist
- Seed 9: 2024 US Taekwondo National Championships Silver Medalist

*All other seeds will be filled in with qualified athletes based on their USATKD ranking, including athletes that change weight divisions from where they qualified in and aged up eligible athletes.

*If there are multiple international dominant athletes or WT event medal winners, the USATKD Rankings will be used to determine the higher seed. All other athletes will move down in seed based off the number of international dominant athletes or WT event gold medalist.

*If there is not a qualified athlete to fill a seed, the lower seeds will move up to the next highest seed.