



8th WT President's Cup Asia Region 2026

17 August 2026
Lahore, Pakistan



Program (Poosmae)

8th WT President's Cup Asia Region 2026



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Pakistan Taekwondo would like to welcome you to the

8th WT President's Cup Asia Region 2026

Poomsae

17 August 2026
Lahore, Pakistan

SANCTIONED BY



PROMOTED BY



HOSTED BY



Pakistan Taekwondo Federation

F Block, Gulberg Green,
Islamabad, Pakistan
Tell: +92 51 5791631
Cell: +92 321 5200884
ptf_wasim@yahoo.com
www.pakistantaekwondo.com



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To: Presidents and Secretaries General,
World Taekwondo Member National Associations

With immense pleasure and honor, I like to invite you and your team to:-

8th WT President's Cup Asia Region 2026

This is the WT G3 event duly promoted by Asian Taekwondo Union and sanctioned by WT. This is the 5th International Taekwondo event which is going to be held in Pakistan from **17 to 21 Aug 2026**.

Pakistan Taekwondo is a proud member of the Asia & World Taekwondo Community. The PTF management team is committed to making this event a successful one by adhering to the highest standards of preparation in order to create an ideal atmosphere for all participating teams.

We are looking forward to welcoming you to Islamabad, Pakistan.

Best Regards,

Lt Col Wasim Ahmed (Retd)
Chairman
Pakistan Taekwondo Federation



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OUTLINE

8th WT President's Cup Asia Region 2026 (Poomsae)

- 1. PROMOTER:** **ASIAN TAEKWONDO UNION (ATU)**

ADDRESS:	1E-3 Tancheon Main Stadium 215, Tancheon-ro, Bundang-gu, Seongnam-si, Gyeonggi-do, Republic of Korea
TELEPHONE:	+82 31 708 9994
FAX:	+82 31 709 9994
E-MAIL:	admin@asiantu.org
WEB-SITE:	www.asiantaekwondo.org

- 2. ORGANIZING MNA:** **Pakistan Taekwondo Federation**

- 3.**

ADDRESS:	F Block, Gulberg Green, Islamabad, Pakistan
TELEPHONE:	Tell: +92 51 5791631 Cell: +92 321 5200884
WEB-SITE:	www.pakistantaekwondo.com

- 4. ORGANIZING COMMITTEE:**

ADDRESS:	F Block, Gulberg Green, Islamabad, Pakistan
TELEPHONE:	Tell: +92 51 5791631 Cell: +92 321 5200884
E-MAIL:	ptf_wasim@yahoo.com
WEB-SITE:	www.pakistantaekwondo.com

- 5. VENUE:** **Multipurpose Indoor Arena Jinnah Sports Complex Lahore Cantt**
- 6. COMPETITION DATE:** **17 Aug 2026**
- 7. QUALIFICATIONS**

In accordance with *Article 4: Qualification of Contestant* of the WT Poomsae Competition Rules, the contestant must be:

CRITERION #1:	Holder of the Kukkiwon Poom or Dan Certificate (*A copy of the Dan certificate should be uploaded to GMS prior to registration for event. In case a contestant has applied for a Kukkiwon Dan certificate but has not received it yet, a copy of the Dan application form and the remittance certificate sent to the Kukkiwon must be uploaded to GMS prior to registration for event. Please refer to the Kukkiwon Web site (www.kukkiwon.or.kr) for more information.)
CRITERION #2:	An athlete must be 18 years old or older in the year of the [8th WT President's Cup Asia Region 2026. Athletes who were born in the year of 2008 or before are eligible for participation in the competition.
CRITERION #3:	Holder of the WT Global Athlete License (GAL) * Any questions on the WT GAL please contact your assigned WT GMS Manager

7. COMPETITION RULES

The latest published WT Poomsae Competition Rules & Interpretation shall be applied.

8. METHOD OF COMPETITION

- i. Recognized Poomsae: Single Elimination Tournament system
 - Individual: Two contestants will perform the Poomsae simultaneously on the mat.
 - Pair / Team: Each pair/team will perform the Poomsae separately.
 - Designated Poomsae shall be randomly selected and shown through monitor on Field of Play
- Freestyle Poomsae: Cut-Off system
- ii. Grade: G3
- iii. Seeding and drawing of lots: For every division, regardless of number of athletes all the athletes will be seeded based on WT World Ranking of Jan 2026.

9. CONTEST TIME

- i. Recognized Poomsae: Individual, Pair and Team competitions up to 90 seconds.
- ii. Free Style Poomsae: Individual, Pair and Mixed Team competitions from 90-100 seconds.
- iii. The waiting period between 1st poomsae and 2nd poomsae is a minimum of 30 seconds.

10. COMPETITION DIVISIONS

(Contestants may compete in up to two divisions of competition.)

		Division	Age	Male	Female	Remarks
Recognized Poomsae	Individual	Under 30	18-30	1	1	G ranking points granted division
		Under 40	31-40	1	1	
Freestyle Poomsae	Individual	Over 17	18 and over	1	1	G ranking points granted division
	Pair	Over 17	18 and over	2		

(List of Recognized Poomsae to be performed)

Competition	Division	Compulsory Poomsae
Individual	Under 30	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae
	Under 40	



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11. WT GLOBAL LICENCE & ONLINE REGISTRATION

- i. WT Global License Registration
All Athletes and Team officials must FIRST be registered with a WT Global Athlete License (GAL) or Global Official License (GOL).
- ii. WT Online Registration
Participating Team Entry will only be accepted through the WT online registration system and registration is only possible with a valid WT Global License. Participating Team GMS admins will be notified via email once online registration is open.

12. ENTRY FEES: US\$ 100 per athlete/event

- i. The OC shall collect the entry fees from the participating teams. The participating team shall pay an entry fee to the Organizing Committee via Bank or with cash in US\$ at the accreditation center(s) at the Venue prior to the Head of Team meeting. Athletes shall not be allowed to compete without the successful payment of the entry fee to the Organizing Committee.

Pakistan Taekwondo Federation (Banking Information):-

Bank Name	Faysal Bank (Pakistan)
Account Number	0337000911853006
Swift Code	FAYSPKKA
IBAN	PK52FAYS0337000911853006
Holder of Account	Pakistan Taekwondo Federation
Bank Address	Civil Lines Branch, Rawalpindi, Pakistan

REGULAR ENTRY FEE period will end on 09 August 2026.

**** At the close of regular registration of 09 August 2026, if the Organizing Committee and the ATU decide to implement an extension of the Registration Period, this will be advertised by an official communication and then the following late registration dates and fees will apply ****

LATE REGISTRATION FEES: In case that a late registration period is required the national teams completing their registration during this period will be charged this fee.

- **US\$ 150** per athlete
- Late registration fee period would begin on 10 August 2026.
- Late registration period will end (if implemented) on **14 August 2026**.

LATE REGISTRATION PERIOD ONLY APPLIES IF THE ATU AND OC DECIDE TO IMPLEMENT THIS AND IF SO, THIS WILL BE INFORMED BY THE ATU OR OC IN AN OFFICIAL COMMUNICATION.

13. ENTRY DEADLINES & IMPORTANT DATES

- i. **Entry deadline is 09 August 2026.** Entry submissions after this date/time will not be accepted under any circumstances.
- ii. Late replacement due to injury shall be handled case by case.
- iii. The registered athletes or team officials may be **replaced without penalty until 09 August 2026**.
- iv. Entry fee of 50% per athlete will not be charged in case of **cancellation** of participation till 09 August 2026.
- v. Entry fee must be paid in full in case of the **notice of cancellation** of participating athletes after 09 August 2026_or no-show.



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14. CLASSIFICATION OF RESULTS

i. Individual Awards

Medals will be awarded to the top four athletes in the respective poomsae divisions of the pertinent championships:

1st PLACE:	GOLD MEDAL & CERTIFICATE
2nd PLACE:	SILVER MEDAL & CERTIFICATE
3rd PLACE:	BRONZE MEDAL & CERTIFICATE
4th PLACE:	BRONZE MEDAL & CERTIFICATE
5th-8th PLACE:	CERTIFICATE

(Article 7.1 of WT Poomsae Competition Rules & Interpretation (September 30, 2024))

All international-level competitions recognized by the WT shall be formed with the participation of at least four (4) countries with no fewer than four (4) contestants or four (4) teams in each division.

1. Best Athletes

- Male 1 / Female 1

2. Good Fighting Spirit

- 2 regardless of gender

3. Best Referees

- 2 regardless of gender

** Certificate of Participation

- It will be given to all participants who participate in this event including the athletes, referees and coaches.

- In the case of Pair, Team and Mixed Team, the certificate will be given to each team member including the substitute.

** Dress Code for medalists

- All medalists should be dressed as follows during the awards ceremony.

-> Dobok or Training suits

-> Sneakers or Taekwondo shoes-> Sneakers or Taekwondo shoes

15. TEAM ENTRIES PER COUNTRY

POSITION	MAX. NO. OF MEMBERS	
	MALE	FEMALE
HEAD OF TEAM:		1
MANAGER:	1	1
COACH:	3	3
TRAINER:	2	2
TEAM MEDICAL	3	3
STAFF:		
MNA Guest:		3

In case of exceeding this number, **US\$100** will be charged per person before issuance of the accreditation card. **US100** will be charged per team official registered onsite and per change made to the registered team.

Any WT Global Licence registration completed onsite will be charged a \$50 extra onsite processing fee for each WT Global Licence.

16. TECHNICAL DELEGATE AND COMPETITION SUPERVISORY BOARD

The WT will appoint one (1) Technical Delegate and ATU will appoint four (4) members of the Competition Supervisory Board. The following conditions shall apply:

- i. The Organizing Committee shall pay the expenses of room and board for the duration of the competition at least three (3) days before and one (1) day after the tournament.
- ii. The Organizing Committee shall pay a per diem of US\$200 to the Technical Delegate and US\$150 to the members of the Competition Supervisory Board for competition period.

17. WT-RECOGNIZED TAEKWONDO COMPETITION UNIFORM

- i. Participating contestants must wear the WT-recognized Poomsae Competition uniform. Any contestants who do not wear WT-approved Poomsae competition uniform will not be permitted to compete. The latest version of WT-recognized manufacturers' list is available at the website of WT(<http://www.worldtaekwondo.org>).
- ii. Standardization for Poomsae Competition Uniforms: The mandatory Poomsae competition uniforms for competitors, have been standardized into two categories:
- iii. **Senior Division** (Ages 18-49): White top with dark blue pants for males; white top with light blue pants for females.
- iv. **Master Division** (Ages 50 and up): Yellow top and dark blue pants for both males and females.



18. MEDICAL CONTROL

- i. The WT Anti-Doping Rules, and where necessary the Code of the World Anti-Doping Agency, shall apply throughout the competitions.
- ii. Compulsory anti-doping tests will be carried out for selected medalists, while random tests will be conducted to the rest of the athletes. The WT and/or WADA may carry out random out of competition testing prior to the championships.
- iii. TUE (Therapeutic Use Exemption)
Athletes who take any substance or medicine listed in the "Prohibited List" of the WT Anti-Doping Rules and Anti-Doping Code of World Anti-Doping Agency (WADA) for therapeutic purposes are requested to submit TUE applications via ADAMS, together with the required medical information. If you do not have an ADAMS account yet, please contact tue@ita.sport to have it set up.

Otherwise, please download the TUE Application Form [HERE](#) and once duly completed and signed, send it together with the required medical file to tue@ita.sport with copy to antidoping@worldtaekwondo.org by at least 30 days before the first competition day. For more details, please see the following page of the WT website: http://www.worldtaekwondo.org/anti_doping-wt/therapeutic.html



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- iv. WT Mouth guard, Taping and Bracing rules
<http://www.worldtaekwondo.org/wp-content/uploads/2019/06/WT-Mouthguard-brace-taping-and-padding-rules-5-29-2019.pdf>

19. HEAD OF TEAM MEETING & DRAWING OF LOTS

- i. The head of team meeting shall be conducted as given in the schedule, in the presence of the ATU officials and the representatives of the participating nations.
- ii. At least one representative from each team must attend the head of team meeting. In case no representative can be at the meeting, the team must designate a proxy and inform the technical delegate or ATU before the meeting.
- iii. Draw will be published on the official ATU/OC website.
- iv. Every participating team is required to bring USB or (CD/DVD) of the Freestyle Poomsae Music at the head of team meeting and submit it to the OC staff.
- v. Every participating team is required to bring along the following items for use at the Opening and/or Closing ceremonies:
 - + Two (2) IOC-recognized national flags, Size: 90cm x 130cm
 - + USB or (CD/DVD) of the pertinent IOC-recognized national anthem

Additional Notes:

- Participating teams are responsible for confirming their entries before the head of team meeting.
- A certain number of contestants shall be seeded based on the WT Ranking, and it will be announced at the head of the team meeting.

20. INDEMNITIES

- i. Participants without proper insurance coverage will not be allowed to compete in the championships.
- ii. The Organizing Committee will acquire general Public Liability event insurance.

21. ACCOMMODATION & TRANSPORTATION

The participating teams are required to submit the hotel reservation only via the forms provided on WT GMS and email the forms alongwith other information to Pakistan Taekwondo Federation by 28 Jul 2026. Due to number of uprising demand of high season it is recommended to make booking and payment on time. Teams shall pay an entry fee to the Organizing Committee via transfer or with cash in US\$ at the Venue.

Pakistan Taekwondo Federation (Banking Information):-

Bank Name	Faysal Bank (Pakistan)
Account Number	0337000911853006
Swift Code	FAYSPKKA
IBAN	PK52FAYS0337000911853006
Holder of Account	Pakistan Taekwondo Federation
Bank Address	Civil Lines Branch, Rawalpindi, Pakistan

Teams booked hotels via federation will be provided transportation.

Local transportation is also provided in Islamabad.

- i. Between all official hotels and the registration center
- ii. Daily transportation shuttle service between all official hotels and the competition venue on competition days



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- iii. Daily transportation shuttle service between official hotels and training venues on training days prior to the event
- iv. Transportation shuttle service between official hotels and competition venue for athletes attending the weigh in

BOARDING & LODGING WAIVER CRITERIA

The first 10 National Teams to register exactly 10 athletes according to the following breakdown will receive a full boarding and lodging waiver:

- Poomsae: Minimum 4 athletes
- Kyorugi: Minimum 4 athletes
- Para-Kyorugi: Minimum 2 athletes

Important Note

- Teams must have exactly 10 athletes fitting this criteria to qualify. No partial waivers will be given for fewer than 10 athletes. Any extra athletes beyond the initial 10 must pay full price for accommodation and meals.
- **This waiver applies only to teams that actually compete in the event. Teams that register but do not participate will be disqualified from the waiver.**
- **Hotel room assignments operate on a first-come, first-served basis.**
- National Teams that meet the above conditions shall stay at the hotel designated by the Organizing Committee.

To avail this facility National Teams must first register through WT SimplyCompete and then send a formal request to ATU (copying OC), get the confirmation from ATU & OC for the waiver. Please be advised that waivers will be processed strictly in the order official email requests are received. Teams that fail to send an email request will not be eligible for the waiver, even if the registration criteria are met.

22. VISA INFORMATION

<https://visa.nadra.gov.pk>

Kindly check the above-mentioned link for countries that can apply online and those that can have the Visa on Arrival (<https://visa.nadra.gov.pk/list-of-countries-for-visa-prior-to-arrival/>) (approximately 126 countries can get a visa on arrival, apply 24 hours before departure). All other countries must apply for an online visa at <https://visa.nadra.gov.pk/other-visa/> (6 weeks before the start of the event).

For Visa Invitation Letter, contact PTF Secretariat office so the help can be extended well in time. In case of any discrepancy, the Federation will facilitate the visa process, for this purpose, anyone can contact OC at ptf_wasim@yahoo.com.

23. ATHLETE REPLACEMENT

In the event that the registered athletes should be replaced by another due to injuries, the participants can officially request to the ATU for the replacement by **no later than 09 August 2026** by submitting 'Athlete Late Replacement Form' together with certification from the medical doctor in the language of the pertinent country and also in English to admin@asiantu.org and ptf_wasim@yahoo.com. The decision on the acceptance will be made after evaluation of the submitted documents.



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24. COACH's REQUIREMENTS

All coaches are required to hold WT Poomsae Coach Certificate. Coaches those do not hold WT Poomsae coach certificate will be deleted from the registration and not allowed to coach at the Championships.

All coaches are required to wear formal suit such as tie, jacket, dress shirt (long or short), and trousers, and sport shoes during Semi-Finals and Finals. Any type of cap/hat is not allowed. If any coach refuses to wear abovementioned attire, he or she will not be allowed to coaching for this championship.



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ATHLETE LATE REPLACEMENT FORM

To: Asian Taekwondo Union

Email: admin@asiantu.org

NAME OF COMPETITION: 8th WT President's Cup Asia Region 2026

SUBSTITUED ATHLETE (to be removed from team list)

ATHELTE NAME (<u>Family name in capital letter</u>)	
GENDER	<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
WT GAL Number	
Date of Birth (Day/ Month/ Year)	
Poomsae Division	
Date and place of Injury	
Medical Condition	

*** A separate certificate by the medical doctor on the athlete's injury and medical condition should be attached in the language of the pertinent country and in English.**

SUBSTITUED ATHLETE (to be added to team list)

NATIONALITY		PHOTO
ATHELTE NAME (<u>Family name in capital letter</u>)		
GENDER	<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE	
WT GAL Number		
DATE OF BIRTH (Day/ Month/ Year)		
COUNTRY OF BIRTH		
Poomsae Division		
PASSPORT NUMBER		
KUKKIWON DAN CERTIFICATE NUMBER		

MNA PRESIDENT SIGNATURE & STAMP

=====

*** IMPORTANT: This form will be accepted only if medical confirmation in writing in English from the responsible medical doctor is attached to this form after due evaluation of the ATU.**



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FREE STYLE POOMSAE PERFORMANCE PLAN

* Please Fill out required information and free style Poomsae performance plan and send it to admin@asiantu.org by no later than **August 9, 2026**

Name of Association					
Title of Free style Poomsae					
Number of team members		Male () Female ()			
Name of Music					
Division	Individual	Male	Female	Pair	Mixed Team
Contact Person					

Subject:	(Please briefly explain the theme of performance)
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Performance Plan	(Please describe your performance plan keeping the order of the requirements 1-5 indicated in the left column)
Performance 1 Jumping kicks (Side kick)	
Performance 2 Multiple kicks in a jump (Front kick)	
Performance 3 Turning kicks (Spinning hook kick or turning kick)	
Performance 4 Performance level of consecutive kicks (Kyorugi style kick)	
Performance 5 Acrobatic kicks	
Key point of your performance	



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