



1. Sanctioned by

World Taekwondo (WT)

2. Promoted by

Asian Taekwondo Union (ATU)

3. Organized by

Nepal Taekwondo Association (NTA)

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Website : [www.taekwondonepal.org.np](http://www.taekwondonepal.org.np)

[www.facebook.com/tkdassociationnepal](https://www.facebook.com/tkdassociationnepal)

#### 4. Organizing Committee

Chairperson

Mr. Prakash Shumsher Rana,  
Chairman, Advisory Board, NTA

Co-Chairperson

Mr. Bhan Bahadur Chand  
Contact No. : +977-9851077192

Organizing Secretary Chief

Mr. Samrajya Bikram Pandey  
Contact No. : +977-9802033370

Organizing Secretary

Mr. Kumar Lama Ghishing  
Contact No. : +977-9841351944

Organizing Co-Secretary

Mr. Bablu Shiwakoti  
Contact No. : 9841062274

Technical Director

Mr. Yeongdal Kwon  
Contact No. : +977-9851048802

Referee Coordinator

Mr. Tika Prasad Limbu  
Contact No.: +977-9852671015

#### 5. Competition Venue

Covered Hall, Dashrath Rangashala,  
Tripureshwor, Kathmandu, Nepal

#### 6. Competition Date:

Cadet, Junior, Under 50 and 50 & Above Poomsae Competition
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13-15 February, 2026
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#### 7. Competition Rules

- WT Poomsae Competition Rules as of September, 2024 shall be applied.



## 8. Classification of Competition

- a. Poomsae contestant may compete more than one categories of competition unless he or she limited by the gender or age.
- b. Cut off System for Poomsae Competition shall be applied.

## 9. Recognized Poomsae

Competition	Division	Year of Birth	Compulsory Poomsae
INDIVIDUAL, PAIR & TEAM	Cadet	2012 - 2014	Taegeuk 4,5,6,7,8 Jang, Koryo, Keumgang, Taeback
	Junior	2009 - 2011	Taegeuk 5,6,7,8 Jang, Koryo, Keumgang, Taeback, Pyongwon
	Under 50 years	1976 - 1985	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
	50 years & Above	Born before 31 Dec 1975	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

## 10. Training Space

- a. Training space shall be provided for each participating country.

## 11. Registration:

- a. Registration can be done only through the following link:  
(TBD)

**Note: Global License not required.**

- b. Registration Deadline : **1<sup>st</sup> February, 2026**
- c. There is **NO ON-SITE REGISTRATION** in the venue.
- d. Registration Fees:

Individual Poomsae                      USD 100

Pair Poomsae                                USD 120

Team Poomsae                                USD 150

- e. The Athlete shall pay an entry fee to the Organizing Committee by bank transfer.  
All bank transfer shall be paid to the following:



Account Name	Mount Everest International Taekwondo Championships
Name of the Bank	Everest Bank Ltd.
Account Number	05700105200434
Bank Address	Satdobato, Lalitpur, Nepal
Swift Code	EVBLNPKA



- f. Registration fees will not be reimbursed under any circumstances.

**Note: Payment Voucher should be submitted to O/C via email before 3<sup>rd</sup> February, 2026.**

## 12. Referee

- a. Required Referee officials shall be appointed by the Organizing Committee.

## 13. Condition for Participation

- a. All the participants are responsible for ROOM CHARGE, DAILY MEAL and to and from AIR FARE or any means of transportation from their respective county or place in course of participation.
- b. Organizing Committee strongly recommend to all the participants must stay at the designated official hotels for the security reason however, O/C will not be responsible for any incident occurs if participants stay outside on their own risk.
- c. O/C will provide the pick-up and drop off facilities only for those participants staying at designated official hotels.

## 14. Visa

Please Visit for Visa Application on:

<http://www.nepalimmigration.gov.np/page/visa-on-arrival>



## 15. Competition Schedule

Date	Time	Event	Remarks
8 <sup>th</sup> ~ 14 <sup>th</sup> Feb.	8:00 a.m. ~ 6:00 p.m.	Registration (Upon Arrival)	NTA Head Office Satdobato, Lalitpur
12 <sup>th</sup> Feb.	3:00 p.m. ~ 4:00 p.m.	Head of Team Meeting (Cadet, Junior, U50, 50 & Above)	TBD
	5:00 p.m. ~ 6:00 p.m.	Referee Meeting (Cadet, Junior, U50, 50 & Above)	NTA Head Office Satdobato, Lalitpur
13 <sup>th</sup> Feb.	8:00 a.m. ~ 6:00 p.m.	Poomsae Competition (Cadet: Individual, Pair & Team)	Dashrath Rangashala
	6:00 p.m.	Medal Ceremony	
14 <sup>th</sup> Feb.	8:00 a.m. ~ 6:00 p.m.	Poomsae Competition (Junior: Individual, Pair & Team)	Dashrath Rangashala
	6:00 p.m.	Medal Ceremony	
15 <sup>th</sup> Feb.	8:00 a.m. ~ 6:00 p.m.	Poomsae Competition (U50, 50 & Above: Individual, Pair & Team)	Dashrath Rangashala
	6:00 p.m.	Medal Ceremony	

### Note:

- *The above competition schedule is provisional and may be amended with prior notice by the Organizing Committee.*
- *Registration for the Poomsae competition will be closed once the number of registered athletes reaches 500.*
- *All participating teams, athletes, and officials traveling by air or bus will be received at their respective points of arrival and transported directly to the Organizing Secretariat for registration and accreditation. Upon completion of this process, participants will be escorted to their designated hotels.*
- *Please be informed that onward transportation from the Secretariat to the designated official hotels will be provided free of charge to participants accommodated at the official hotels.*



- *All teams and participants are kindly requested to submit their detailed travel itineraries in advance to avail of the above-mentioned facilities by email to [taekwondomounteverest@gmail.com](mailto:taekwondomounteverest@gmail.com).*