

A TRIBUTE TO A LEGEND ★ A LEGACY THAT INSPIRES

1ST SHRI NARESH TALREJA Memorial



OPEN NATIONAL TAEKWONDO CHAMPIONSHIP 2026

You are cordially invited to grace the occasion and celebrate a life devoted to the sport

“ HE DIDN'T JUST
BUILD CHAMPIONS,
HE BUILT CHARACTER,
DISCIPLINE AND DREAMS.

HIS VISION.
OUR MISSION.
HIS LEGACY.
OUR RESPONSIBILITY. ”

CELEBRATING THE LIFE AND LEGACY OF

★ **LATE SHRI NARESH TALREJA** ★



Represented India
in Asian Championship Twice



Started & Spread Taekwondo
in Uttarakhand



5 Time
National Champion



National Games
Medalist

THE MAN WHO FOUNDED TAEKWONDO IN UTTARAKHAND

EVENTS

01



FRESHERS
KYORUGI

02



FRESHERS
POOMSAE

03



KYORUGI

04



POOMSAE



DATES

3RD & 4TH OCT 2026
(SATURDAY & SUNDAY)

TEAM ARRIVAL

2ND OCTOBER 2026 (FRIDAY)

WEIGH-IN

2ND OCTOBER 2026 (FRIDAY)



VENUE

ASHOK HALL GIRLS SCHOOL
MAJKHALI, RANIKHET, UK



ORGANISED BY

HILL TIGERS
TAEKWONDO ACADEMY



KAVYA TALREJA   7300686355 9410368800

DISCIPLINE • FOCUS • STRENGTH • VICTORY



1st SHRI NARESH TALREJA MEMORIAL

OPEN NATIONAL TAEKWONDO CHAMPIONSHIP 2026

3rd & 4th OCTOBER 2026 (SATURDAY & SUNDAY)

ASHOK HALL GIRLS SCHOOL, MAJKHALI, RANIKHET, UTTARAKHAND

To,

The Principal / Coach / Academy / Institution

Subject: Invitation to participate in the 1st Shri Naresh Talreja Memorial Open National Taekwondo Championship 2026

Respected Sir/Madam,

It is a matter of great honour and privilege to invite your esteemed school, academy, institution, coaches and athletes to participate in the 1st Shri Naresh Talreja Memorial Open National Taekwondo Championship 2026, to be held on 3rd & 4th October 2026 at Ashok Hall Girls School, Majkhali, Ranikhet, Uttarakhand.

This championship is being organized as a tribute to the life, contribution and enduring legacy of Late Shri Naresh Talreja, a distinguished Taekwondo pioneer and mentor whose vision and dedication helped shape the sport and inspire generations of athletes.

Late Shri Naresh Talreja represented India in the Asian Championship twice, was a 5-time National Champion and a National Games Medalist. He also played a pioneering role in starting and spreading Taekwondo in Uttarakhand and served as Secretary of the Uttarakhand Taekwondo Association.

Through this memorial championship, we seek to celebrate his remarkable contribution while providing young and accomplished Taekwondo athletes from across the country an opportunity to compete, learn, build character and carry forward the values of discipline, dedication, sportsmanship and excellence that he stood for.

We therefore cordially invite your team to participate in this Open National Championship and become a part of this meaningful tribute to a true legend of Taekwondo. Your presence and active participation will greatly contribute to making the inaugural memorial championship a memorable and successful sporting event.



1st Shri Naresh Talreja Memorial Open National Taekwondo Championship 2026





CHAMPIONSHIP INFORMATION

Championship	1st Shri Naresh Talreja Memorial Open National Taekwondo Championship 2026
Dates	3rd & 4th October 2026 (Saturday & Sunday)
Team Arrival	2nd October 2026 (Friday) 2:00 PM
Weigh-in	2nd October 2026 (Friday) 3:00 PM
Venue	Ashok Hall Girls School, Majkhali, Ranikhet, Uttarakhand
Organizer	Hill Tigers Taekwondo Academy & Almora Taekwondo Association
Contact	+94-9410658800, 9760657041, 7533985247, 6260989239
Registration Deadline	_____20 Sep_____

Participation: Teams from Taekwondo academies, clubs, schools and institutions are cordially invited to participate. Detailed event categories, rules, entry requirements and other championship information will be provided in the official event outline/registration documents.

We request all participating teams to kindly complete their registration and submit the required participant details within the prescribed deadline once the registration process is announced. This will enable the organizing committee to make appropriate arrangements for the athletes, coaches and accompanying officials.

We look forward to welcoming your team to Majkhali, Ranikhet, Uttarakhand, and to joining together in celebrating the life and legacy of Late Shri Naresh Talreja through the spirit of Taekwondo.

With warm regards,

Mr. Sumit Goyal

Organizing Secretary

Mr. Kavya Talreja

Organizing Coordinator

For 1st Shri Naresh Talreja Memorial Open National Taekwondo Championship 2026





OUTLINE - RULES & REGULATIONS

Date	2 nd 3 rd 4 th October 2026
Venue	Ashok Hall Girls School Ranikhet, Uttarakhand
Organizer	Hill Tiger Taekwondo Academy & Almora Taekwondo Association
Age Criteria	Age will be calculated based on the year 2026. • Sub-Junior Boy & Girl Athletes aged between 8 to 11 Years (Born between 01-Jan-2015 to 31-Dec-2019) • Cadet Boy & Girl Athletes aged between 12 to 14 Years (Born between 01-Jan-2012 to 31-Dec-2014) • Junior Male & Female Athletes aged between 15 to 17 Years (Born between 01-Jan-2009 to 31-Dec-2011) • Senior Male & Female Athletes aged above 17 Years (Born in 2009 and before)
Document	A copy of the Date of Birth Proof or Adhar Card should be enclosed along with the Application Form.
Competition Rules	All the WT Rules will be applied.
Entry fee	Fresher's Poomsae Rs. 1200/- Per Player Fresher's Kyorugi Rs. 1500/- Per Player Poomsae Rs.1500 /- Per Player Kyorugi Rs. 2000 /- Per Player All entry forms, fees and relevant documents must be submitted by 15th september 2026,
Reward	1st Place: Gold Medal and Certificate 2nd Place: Silver Medal and Certificate 3rd Place: Bronze Medal and Certificate Participation Certificate for all





1ST SHRI NARESH TALREJA MEMORIAL
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Protective equipment's	Championships will be conducted on PSS & ESS System. Organizers will provide (PSS Chest Guard, Head Gear, & Sensor Socks) Teams are requested to bring their own Taekwondo Equipment's (Mouth Guard, Abdomen Guard etc.) For matches conducted on the ESS system, athletes must bring their own chest guard, head guard, arm guards, shin guards, and abdominal guard. The Freshers and Sub-Junior categories will be conducted on the ESS system.
Organizer end	1. For teams and athletes who wish to book food and accommodation through the organisers, please inform the organisers by 15 September or until the available slots are full, whichever is earlier. 2. The charges for food and accommodation will be ₹300 per athlete per day. 3. Weigh-in will be done at the designated time and venue. Absentees will be disqualified. 4. Original Date of Birth Proof should be produced at the time of weigh in 5. This is to inform you all that accommodation facility is limited and it will be allocated as per first come first basis. 6. Athletes whose accommodation is being provided by the Organising Committee must carry their own blankets & Mattresses will be provided by the Organising Committee.



1st Shri Naresh Talreja Memorial Open National Taekwondo Championship 2026



@taekwondo_network_of_india
@hills_tigers_taekwondo_academy



Event Regulation and discipline –

1. Coach/Manager Requirement

Every participating team must be accompanied by a **Coach/Manager duly authorized by the school.**

2. One Coach/Manager per Team

One Coach/Manager shall be permitted to accompany **only one school's team.**

(Note:-Each team must have at least one female coach accompanying the female team)

3. Strict Adherence to Schedule

All participants and officials must strictly adhere to the schedule and timings prescribed for:

- Registration
- Meals
- Meetings
- Matches
- Other activities

4. Discipline & Misconduct

Any act of **indiscipline, misconduct, abusive language, violence, intimidation, or unsporting behaviour** by a participant, coach, manager, or accompanying official shall result in disciplinary action, including **immediate disqualification from the championship.**

5. Prohibited Items/Substances

The possession, consumption, or distribution of the **intoxicant, narcotic, or substance** is strictly forbidden within the school premises and accommodation areas.

6. Reporting Violations

Any participant, coach, manager, or accompanying official found violating the above rules should be **immediately disqualified** and reported to the concerned school and **organizing committee.**





7. **Representing the School, Institution & Academies**

As representatives of their School, Institution & Academies, all players and officials are expected to uphold the **spirit and values of sports at all times**.

8. **Zero-Tolerance Policy**

The Organizing School shall maintain a policy of **zero tolerance towards indiscipline**.

9. **Valuables & Personal Belongings**

Participants are advised **not to carry**:

- Jewellery
- Expensive electronic gadgets
- Valuable items
- Large amounts of cash

The Organizing School shall **not be responsible for any loss, theft, or damage to personal belongings**.

10. **Damage to School Property**

Any damage caused to:

- School property
- Accommodation facilities
- Equipment

by participants or accompanying officials shall be **recovered from the concerned Team Coach**.

11. **Final Authority**

The decision of the **Organizing Committee & Referee Board** shall be **final and binding** in all matters related to discipline and conduct.

12. **Coach/Manager Photograph**

Coaches/Managers are required to carry 2 **passport-size photograph**.





1ST SRI NARESH TALREJA MEMORIAL OPEN TAEKWONDO CHAMPIONSHIP

2ND & 3RD October 2026

INDIVIDUAL ENTRY FORM

Events :

☐

Freshers Kyorugi

☐

Freshers Poomsae

☐

Kyorugi

☐

Poomsae

☐

Male

☐

Female

☐

Age Category

☐

Weight Category

Name		Photo
Coach Name		
Club/Academy		
Date of Birth		
Address:		
Pin Code		
Contact No		

Declaration

I, the undersigned do hereby solemnly affirm declare, and confirm for myself my heirs, executives, and administrative that I indemnify the promoters/organizers/sponsors and its members, officials, participants, etc. holding myself personally responsible for all damages, injuries, etc., waiving all prerogative rights, whatsoever related the above set forth event.

Signature of Parents / Guardian	Signature of Participant

For Event/ Championship		
Weight	1 st	2 nd





1ST SRI NARESH TALREJA MEMORIAL OPEN TAEKWONDO CHAMPIONSHIP
2ND & 3RD October 2026

TEAM ENTRY FORM

Name of Club/ academy/ School	
Address	
Contact No	
Age Category	

S.no	Name of participant	Gender	Date of Birth	Weight Category	Event
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

Use seprate sheets for freshers /Sub-Junior /Junior / Senior athletes.

Organizer will not be responsible for any case of Accident or Injury during the Championships

(SIGNATURE OF COACH)



1ST SHRI NARESH TALREJA MEMORIAL
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Events Age / Weight Category

SUB Jr.		CADET		JUNIOR		SENIOR	
MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
UNDER 16	UNDER 14	UNDER 33	UNDER 29	UNDER 45	UNDER 42	UNDER 54	UNDER 46
UNDER 18	UNDER 16	UNDER 37	UNDER 33	UNDER 48	UNDER 44	UNDER 58	UNDER 49
UNDER 21	UNDER 18	UNDER 41	UNDER 37	UNDER 51	UNDER 46	UNDER 63	UNDER 53
UNDER 23	UNDER 20	UNDER 45	UNDER 41	UNDER 55	UNDER 49	UNDER 68	UNDER 57
UNDER 25	UNDER 22	UNDER 49	UNDER 44	UNDER 59	UNDER 52	UNDER 74	UNDER 62
UNDER 27	UNDER 24	UNDER 53	UNDER 47	UNDER 63	UNDER 55	UNDER 80	UNDER 67
UNDER 29	UNDER 26	UNDER 57	UNDER 51	UNDER 68	UNDER 59	UNDER 87	UNDER 73
UNDER 32	UNDER 29	UNDER 61	UNDER 55	UNDER 73	UNDER 63	OVER 87	OVER 73
UNDER 35	UNDER 32	UNDER 65	UNDER 59	UNDER 78	UNDER 68		
UNDER 38	UNDER 35	OVER 65	OVER 59	OVER 78	OVER 68		
UNDER 41	UNDER 38						
UNDER 44	UNDER 41						
UNDER 50	UNDER 47						
OVER 50	OVER 47						





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Poomsae competition

Poomsae competition to be performed will be defined during the technical meeting on 9 August. Schedule will be decided then and there. The competition will be held in following divisions.

Recognized Poomsae- following will be the Poomsae patterns for different groups

DIVISION	GENDER	SUB JR	CADET	JUNIOR	U- 30	U- 40	U-50	U-60	U- 65	OV 65
AGE		08-11 YEAR	12-14 YEAR	15-17 YEAR	18-30 YEAR	31-40 YEAR	41-50 YEARS	51-60 YEAR	61-65 YEAR	OVER 65 YEAR
INDIVIDUAL	MALE									
	FEMALE									
DIVISION	GENDER	SUB JUNIOR		CADET	JUNIOR		UNDER 30		OVER 30 YEARS	
AGE		08-11 YEARS		12-14 YEARS	15-17 YEARS		18-30 YEARS		OVER 30 YEARS	
PAIR	MIXED									
TEAM	MALE									
	FEMALE									

DIVISION	CATEGORY	POOMSAE
INDIVIDUAL	SUB JUNIOR 08-11 YEARS	TAEGUK 2,3, 4, 5, 6, 7, 8, JANG KORYO,
	CADET 12-14 YEARS	TAEGUK 3, 4, 5, 6, 7, 8, JANG, KORYO, KEUMGANG,
	JUNIOR 15-17 YEARS	TAEGUK 4, 5, 6, 7, 8, JANG KORYO,KEUMGANG, TAEBAK
	UNDER 30 YEARS	TAEGUK 6, 7, 8 JANG, KORYO, ,KEUMGANG,
	UNDER 40 YEARS	TAEBACK, PYONGWON, SHIPJIN
	UNDER 50 YEARS	TAEGUK 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON
	UNDER 60 YEARS	KORYO, KEUMGANG, TAEBACK, PYONGWON,
	UNDER 65 YEARS	SHIPJIN, JITAE, CHONKWON, HANSU
PAIR	OVER 65 YEARS	
	SUB JUNIOR 08-11 YEARS	TAEGUK 2,3, 4, 5, 6, 7, 8, JANG KORYO,
	CADET 12-14 YEARS	TAEGUK 3, 4, 5, 6, 7, 8, JANG KORYO,KEUMGANG,
	JUNIOR 15-17 YEARS	TAEGUK 4, 5, 6, 7, 8, JANG KORYO,KEUMGANG, TAEBAK
	UNDER 30 YEARS	TAEGUK 6, 7, 8, JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN
	OVER 30 YEARS	TAEGUK 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON
TEAM	SUB JUNIOR 08-11 YEARS	TAEGUK 2,3, 4, 5, 6, 7, 8, JANG KORYO,
	CADET 12-14 YEARS	TAEGUK 3, 4, 5, 6, 7, 8, JANG , KORYO, KEUMGANG,
	JUNIOR 15-17 YEARS	TAEGUK 4, 5, 6, 7, 8, JANG KORYO,KEUMGANG, TAEBAK
	UNDER 30 YEARS	TEGEUK 6, 7, 8, JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN
	OVER 30 YEARS	TAEGUK 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON





1ST SRI NARESH TALREJA MEMORIAL OPEN TAEKWONDO CHAMPIONSHIP Committee & Members details -

Committee	Name	Contact
Transport	Mr. VARUN GARG	+91-8057118432
Food	Mr. HEMANT SAH Mr. KAMAL SHUKLA	+91-8860091212 +91-7004770048
medical	Mr. GURVEER SINGH	+91-9876661523
Medal & Certificate	Mr. PRAVEEN DASAUNI	+91-9675638747
Ground Operation	Mr. CHIRAG MEHRA Mr. GAURANG JAGATI Mr. AMAN RAWAT	+91-8979289874 +91-8938921514 +91-7579170874
Accommodation	Mr. CHIRAG MEHRA Mr. GAURANG JAGATI Mr. DEEPANSHU PALIWAL	+91-8979289874 +91-8938921514 +91-7983733071
Main Contact	Mr. KAVYA TALREJA Mr. HRISHBAH ADHIKARI	+91-9410368800 +91-9760657041
Athlete Registration	Mr. SURESH BAHADUR Mr. MAHAVEER	+91-7533985247 +91-9058563159
Documentation & Administration	Mr. KARTTIKEY KHATI Mr. SAURAV NEGI Mr. CHAMAN MAMTANI	+91-9720290367 +91-9557687644 +91-8806544488

