

## Important Update for 2023 Cadet and Junior National Teams

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### CADET AND JUNIOR PAN AMERICAN CHAMPIONSHIPS (POOMSAE & KYORUGI)

As a follow-up to the notice [High Performance International Event Update for 2023 Poomsae and Kyorugi National Teams](#) that was shared and published on January 16, 2023, Taekwondo Canada has recently received updates from PATU regarding the Cadet and Junior Pan American Championships. Previous to this new information, it was our understanding that the Cadet and Junior Pan American Championships would be held in Lima, Peru in October of 2023. For 2023, PATU will be splitting this tournament and hosting the Cadet and Junior divisions as separate events. Below are the new dates and locations:

#### **JUNIOR PAN AMERICAN CHAMPIONSHIPS (POOMSAE & KYORUGI)**

- Will be taking place in the last week of April, 2023 (actual dates TBD) in Santo Domingo, Dominican Republic

#### **CADET PAN AMERICAN CHAMPIONSHIPS (POOMSAE & KYORUGI)**

- Will be taking place May 11-12, 2023 in Aguascalientes, Mexico

*Taekwondo Canada intends to offer national team spots in all Cadet and Junior World Weight divisions as per the [2023 Cadet Kyorugi Selection Criteria](#) and [2023 Junior Kyorugi Selection Criteria](#). Similarly, Taekwondo Canada intends to offer national team spots in all eligible Cadet and Junior Poomsae divisions as per the [2023 Poomsae National Team Selection Criteria](#).*

Any questions regarding the above High Performance International Event Update can be directed to Taekwondo Canada High Performance Director Allan Wrigley at [awrigley@taekwondo-canada.com](mailto:awrigley@taekwondo-canada.com).

### SUPPLEMENTAL UPDATE REGARDING CADET HEIGHT DIVISIONS (KYORUGI)

World Taekwondo (WT) has recently informed all federations that the WT General Assembly has approved the use of the new Cadet Height categories that have now been included in the WT Competition Rules and Interpretation. These new height categories have been established considering the health and safety of young athletes and will be applied starting in August, 2023, at the Sarajevo World Taekwondo Cadet Championships. At this point, it is unclear how this will impact events beyond the Championships in August 2023.

5 Cadet Weight categories are classified as follows.

Men's division		Women's division	
Under 33kg	Not exceeding 33kg	Under 29kg	Not exceeding 29kg
Under 37kg	Over 33kg & not exceeding 37kg	Under 33kg	Over 29kg & not exceeding 33kg
Under 41kg	Over 37kg & not exceeding 41kg	Under 37kg	Over 33kg & not exceeding 37kg
Under 45kg	Over 41kg & not exceeding 45kg	Under 41kg	Over 37kg & not exceeding 41kg
Under 49kg	Over 45kg & not exceeding 49kg	Under 44kg	Over 41kg & not exceeding 44kg
Under 53kg	Over 49kg & not exceeding 53kg	Under 47kg	Over 44kg & not exceeding 47kg
Under 57kg	Over 53kg & not exceeding 57kg	Under 51kg	Over 47kg & not exceeding 51kg
Under 61kg	Over 57kg & not exceeding 61kg	Under 55kg	Over 51kg & not exceeding 55kg
Under 65kg	Over 61kg & not exceeding 65kg	Under 59kg	Over 55kg & not exceeding 59kg
Over 65kg	Over 65kg	Over 59kg	Over 59kg

5.1 Cadet Height categories are classified as follow.

Men's division			
Cadet contestants' Hight		MAX. Weight	MIN. Weight
Under 148cm	Not exceeding 148cm	45kg	33kg
Under 152cm	Over 148cm & not exceeding 152cm	48kg	35kg
Under 156cm	Over 152cm & not exceeding 156cm	51kg	37kg
Under 160cm	Over 156cm & not exceeding 160cm	53kg	39kg
Under 164cm	Over 160cm & not exceeding 164cm	56kg	41kg
Under 168cm	Over 164cm & not exceeding 168cm	59kg	43kg
Under 172cm	Over 168cm & not exceeding 172cm	61kg	45kg
Under 176cm	Over 172cm & not exceeding 176cm	64kg	47kg
Under 180cm	Over 176cm & not exceeding 180cm	67kg	49kg
Over 180cm	Over 180 cm	80kg	52kg

Women's division			
Cadet contestants' Hight		MAX. Weight	MIN. Weight
Under 144cm	Not exceeding 144cm	43kg	32kg
Under 148cm	Over 144cm & not exceeding 148cm	45kg	33kg
Under 152cm	Over 148cm & not exceeding 152cm	48kg	35kg
Under 156cm	Over 152cm & not exceeding 156cm	51kg	37kg
Under 160cm	Over 156cm & not exceeding 160cm	53kg	39kg
Under 164cm	Over 160cm & not exceeding 164cm	56kg	41kg
Under 168cm	Over 164cm & not exceeding 168cm	59kg	43kg
Under 172cm	Over 168cm & not exceeding 172cm	61kg	45kg
Under 176cm	Over 172cm & not exceeding 176cm	64kg	47kg
Over 176cm	Over 176 cm	75kg	50kg

6. Team Weight range are classified as follows.

Division	Male Team	Female Team	Mixed Gender Team
Maximum number of athletes	4	4	4 (Maximum 2 male & 2 female)
Total weight range	300kg or less	260kg or less	2 female athletes: 135kg or less 2 male athletes: 160kg or less

\* Substitute athlete(s) shall be participated in the weigh-in.

\*\* If the existing athlete(s) is replaced by substitute athlete(s), the total weight of four athletes including the substitute athlete(s), excluding the replaced existing athlete(s), shall be recalculated and applied.