



Nationalteam Koryugi – Jahresrückblick

Das Jahr 2024 war ein erfolgreiches für das Schweizer Koryugi Taekwondo Nationalteam. Unsere Athleten sicherten sich 32 Podestplätze bei internationalen Ranglistenturnieren, darunter 5 Gold-, 8 Silber- und 19 Bronzemedailen.

Der absolute Höhepunkt war die Silbermedaille von Davud Güllü bei der Kadetten-Europameisterschaft – ein Meilenstein, der

das Talent und die harte Arbeit des Teams eindrucksvoll unterstreicht.

Mit einem neu aufgestellten Kader von 26 Athletinnen und Athleten, geführt von Koryugi Nationalteam-Coach Peer Steinkellner, startet das Team motiviert ins Jahr 2025, bereit für neue Herausforderungen und Erfolge.

National Team Koryugi – Annual Review

The year 2024 was a successful one for the Swiss Koryugi Taekwondo National Team. Our athletes secured 32 podium finishes at international ranking tournaments, including 5 gold, 8 silver, and 19 bronze medals.

The absolute highlight was Davud Güllü's silver medal at the Cadet European Championship – a milestone that impressively showcases the team's talent and hard work.

With a newly formed squad of 26 athletes, led by Koryugi National Team Coach Peer Steinkellner, the team is excited to start 2025, ready for new challenges and successes.



Erfolgreiche Teilnahme des RLZ Wattwil am Park Pokal in Sindelfingen

Das Regionale Leistungszentrum nahm im Dezember als Team am Park Pokal in Sindelfingen teil. Das Turnier bedeutete den krönenden wettkämpferischen Abschluss des Jahres für das Team und die Athlet*innen hatten sich intensiv auf dieses Event vorbereitet. Die harte Vorarbeit hat sich gelohnt – mit 4 Gold-, 8 Silber- und 2 Bronzemedailen verzeichneten die RLZ Sportler*innen einen tollen Erfolg und das Team erreichte damit sogar den zweiten Platz in der Teamplatzierung!

Die Regionalen Leistungszentren ermöglichen, die schulische Ausbildung zusammen mit dem Aufbau einer Leistungssport Karriere zu koordinieren und unterstützen die Taekwondo Athlet*innen in ihrer Laufbahn. Das RLZ Wattwil integriert auch viele Nachwuchs- und Kaderathlet*innen der schweizerischen Nationalmannschaft im Training unter der Leitung von Peer Steinkellner, Nationaltrainer Koryugi Schweiz.



Successful Participation of RLZ Wattwil at the Park Pokal in Sindelfingen



In December, the Regional Training Center (RLZ) participated as a team in the Park Pokal in Sindelfingen. This tournament marked the crowning competitive conclusion of the year for the team, and the athletes had prepared intensively for the event. Their hard work paid off – with 4 gold, 8 silver, and 2 bronze medals, the RLZ athletes achieved fantastic success, earning the team second place in the overall team ranking!

The Regional Training Centers enable athletes to coordinate their academic education with the development of a high-performance sports career and support Taekwondo athletes in their journey. RLZ Wattwil also integrates many junior and national team athletes under the leadership of Peer Steinkellner, Switzerland's National Koryugi Coach.

Swiss Poomsae National Team 2024 Highlights

Last year, the Swiss Poomsae National Team celebrated numerous significant achievements alongside welcoming new members. At the very beginning of the year, the team swept up medals and top placements at two tournaments in Bulgaria and Austria, with outstanding performances from both new and young team members.

After a somewhat longer summer break, the team competed in two more international tournaments, once again fighting their way to the top ranks. As a result, eight athletes qualified for the

extraordinary highlight of the year – the World Championships in Hong Kong. This relatively large team for Swiss standards achieved remarkable success at the World Championships, reaching the international Top 10 rankings alongside Maria Gilgen, and thus concluded an exceptionally successful 2024.

Now, the European Championships are just around the corner in April. The team, under Maria's leadership, is working hard to improve further, training enthusiastically and looking forward to the upcoming tournaments with great motivation.



Success for Maria Gilgen at the International Referee Seminar in Jakarta

Maria Gilgen, the National Trainer for the Poomsae team successfully passed the WT Poomsae International Referee Seminar in Jakarta. This achievement underscores her dedication and skill, marking a significant milestone for Swiss Taekwondo and the continued growth of Poomsae refereeing in Switzerland.



Taekwondo World Championships Hong Kong (Nov/Dec)

The team showed an outstanding performance with K. Blattert and M. Tanael placing in the top 10 in the Junior category. S. Coppex finished just off the podium. He won the first match against an AIN and the second against Bulgaria, ending up losing to Korea and taking 5th out of 34 participants in the category Master II.



Belgian Open (October)

Swiss National Poomsae team participated in the Belgian Open which took place in Lommel and achieved great results highlighted by W. Helsen (male cadet), achieving the bronze medal.



European Police and Firemen Games Braga/Portugal (October)

Gold for F. de Freitas, Il-Gl Dojang Genève and Swiss Poomsae Team in individual Poomsae in Male Under 60 Category. In Team competition with mates from different countries he was also in the winning teams with 3 Male athletes and in the Mixed Team of 5.



Croatia Open Poomsae (October)

The Swiss National Poomsae team participated in the Belgian Open which took place in Lommel. The team did great at the G1 Tournament in Croatia and came home with 3 Silver medals (K. Blattert, N. Höner und L. Van Aarnhem) and 2 Bronze medals (W. Helsen and S. Coppex).

Poomsae Summer Camp in Austria (July)

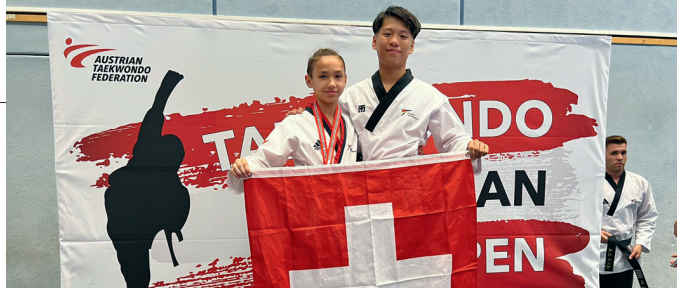
To learn more about new Poomsae Rules, our National Coach Maria Gilgen and some athletes of the Poomsae Team participated in the 3rd International Poomsae Camp Austria, led by Peter Nestler, International Poomsae Referee from Austria.



Poomsae High Performance Test in Biel (September)

The Poomsae High Performance Poomsae Test took place in the Dojang in Biel. All Athletes achieved good results and passed, including the two newcomers L. Probst and M. Cifrek (F Junior), who are now officially part of the Swiss National Poomsae Team.





Austria Open (June)

The Swiss National Team members W. Helsen (Male Cadets) and M. Taneal (Male Junior) won both a Bronze medal each.



Swiss Poomsae Athletes participating in Ik-Pil Kang Academy Sindelfingen (April)

Athletes from the Swiss Poomsae Team participated in the Ik-Pil Kang Academy in Sindelfingen. During a couple of days, they got instruction from the best know and leading person for Poomsae in the whole world. This was the only on-site seminar for 20204 with GM Ik-Pil Kang in Europe.

Freestyle Poomsae Training Tag 2 – Spektakuläre Action in der Power Arena!

Der zweite Freestyle Poomsae Trainingstag in der Reihe von vier offiziellen Workshops, organisiert vom Swiss Taekwondo Freestyle Poomsae Team, fand am 18. Januar in der dynamischen Power Arena in Bern statt – was für ein Tag! Athlet:innen und Trainer:innen brachten ihre Begeisterung und Hingabe mit, bereit, ihr Können auf das nächste Level zu bringen.

Dieser Workshop konzentrierte sich darauf, grundlegende Fähigkeiten weiterzuentwickeln und auf ein höheres Niveau zu heben. Die Highlights? Das Beherrschen des Rückwärtssaltos und des Flickflacks sowie das Perfektionieren von Dreh- und Sprungkicks – zentrale Elemente für herausragende Freestyle Routinen.

Unter der Anleitung unserer Gasttrainer Micha Hurni von Swiss Tricks und Dominique Moser von einem Berner Turnverein erzielten die Teilnehmenden beeindruckende Fortschritte. Ihre harte Arbeit und Entschlossenheit wurden durch eine energiegeladene und unterstützende Atmosphäre ergänzt.

Freestyle Poomsae Training Day 2 – High-Flying Action at the Power Arena!

The second Freestyle Poomsae Training Day in the series of four official workshops organized by the Swiss Taekwondo Freestyle Poomsae Team took place on January 18 at the vibrant Power Arena in Berne, and what a day it was! Athletes and coaches brought their enthusiasm and dedication, ready to level up their skills. This session focused on building skills from the ground up and taking them to the next level. The highlights? Mastering the back handspring and the backflip, alongside perfecting turning and jumping kicks – key elements for standout Freestyle routines. With the guidance of our guest coaches, Micha Hurni from Swiss Tricks and Dominique Moser from a Bern gymnastics club, participants made incredible progress. Their hard work and determination were matched by an energetic and supportive atmosphere. A big thank you to all the athletes, coaches, and especially our guest trainers for making this event a success. The next open



Swiss Poomsae Referee (May)

The 2-day training in Magglingen/Macolin for Swiss National Poomsae Referees started with a half day of theory, followed by a thorough review of Poomsae from Taeguk II Jang to Chongkwon with Poomsae National Team Coach Maria Gilgen.



Bulgaria Open G2, Lommel (March)

Gold for female junior team (K. Blattert, N. Höner und L. Van Aarnhem), Silver for S. Coppex and Bronze for W. Helsen.



Ein großes Dankeschön an alle Athlet:innen, Trainer:innen und insbesondere unsere Gasttrainer, die dieses Event zu einem Erfolg gemacht haben. Wir freuen uns auf den dritten Workshop und darauf, diese Sparte des Taekwondo weiterzuentwickeln.

Das nächste offene Seminar findet am 8. März statt, das letzte folgt im Juni und führt zur spannenden Einweihung dieser Disziplin bei den Schweizer Meisterschaften 2025.



seminar takes place on March 8 with the last one being in June, leading to the exciting inauguration of this discipline at the Swiss Championships 2025.

The Freestyle spirit in Switzerland is stronger than ever – here's to reaching new heights!

