

Swiss Taekwondo News

Swiss Taekwondo is on the move and lots is happening. From competition results, international referee certifications and progress on the Swiss Freestyle Poomsae program – the past couple of weeks were busy.



Freestyle Poomsae

On Sunday, December 8, the first Freestyle Poomsae Seminar took place in the Power Arena, hosted by Taekwondo Bern. This was the first of a series of four seminars, teaching athletes and coaches the fundamentals of Freestyle Poomsae, with acrobatics, jumping and spinning kicks.

After a session on Freestyle theory and jumping kick basics led by Sophie Fluri, gymnastics expert Dominique Moser took over the afternoon to teach progressions for back flips. With all the detailed exercises, participants took home new ideas and motivation to start training Freestyle Poomsae.

What a success for the first step of Freestyle Poomsae in Switzerland!

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Davud Güllü



Warrick Galland

Outstanding Kyorugi Competition Results

The Swiss Taekwondo National Team celebrates the outstanding success of Davud Güllü, who won the silver medal at the European Championships in Tirana, Albania.

At just 14 years old, Davud demonstrated remarkable passion and determination, earning him a well-deserved spot on the podium. Davud dominated his first three matches convincingly, securing his place in the final. Davud's impressive performance at these European Championships is a result of his tireless dedication and passion. He has been training in Taekwondo since the age of eight, balancing his intensive training schedule with academic demands.

"Davud's journey is inspiring," says Peer Steinkellner, head coach of the Swiss National Team. "He has shown incredible dedication and truly earned this title. He is a role model for young athletes, demonstrating that setbacks are opportunities to grow stronger."

Not to be outdone, Warrick Galland came home from the Balkan Open G1 with Gold, showing a strong performance in the -74kg. By winning this last G1 tournament of this year, Warrick Galland is now ranked 7th place in the World Ranking, 20th in Olympic Ranking and 3th European Ranking.

Poomsae World Championship Hong Kong

The Swiss National team participated at the World Championship in Hong Kong and have some stories to tell! From the 5th place in Master II for Sébastien Coppex, 9th place in Junior for Kaja

Blattert and Mathieu Tanael to the top 20 for Daniel Morath and the Junior Team, the group left Hong Kong successfully with lots of new experiences and motivation.

Referee News

Referees are the wheels that make competitions go. Tournament days are long and having to catch all the details of each match and form are nothing short of an amazing feat. So let's celebrate our referees with a shout out to Mergim Krasniqi, who received not one, but two awards within the past weeks for Best Male Referee Performance at the Bosnia Open and Best Referee of the European Cadet Championships in Tirana Albania. Mergim works tirelessly to offer educational events for Kyorugi referees in Switzerland, staying up to date on all rule changes and encouraging athletes and coaches to participate as referees at local events. His support and dedication makes him a worthy recipient of these awards. Maria Gilgen, our National Poomsae Trainer, successfully passed the WT Poomsae International Referee Seminar in Jakarta, Indonesia. This achievement underscores her dedication and skill, marking a significant milestone for Swiss Taekwondo and the continued growth of Poomsae refereeing in Switzerland.

