

**ACHIEVEMENTS OF  
MIZORAM AMATUER TAEKWONDO ASSOCIATION  
INTERNATIONAL LEVEL CHAMPIONSHIPS**

1. **The following Taekwondo players represented India in International Invitation Prize Money Taekwondo Championship-1992 at Guwahati, Assam during 24-26.4.1992**
  1. Robert Zohmangaiha — Silver
  2. VL Sawma — Bronze & Awarded 'Best Fair Play'
  3. Lalremsiama Pachuau — Bronze
  4. R. Laltlankima — Bronze
  
2. **The following Taekwondo players represented India in All India (1<sup>st</sup> International Invitation) Taekwondo Championship at N. Delhi during 18-21.12.1993**
  1. Robert Zohmangaiha — Gold & Awarded 'Best Fighter'
  2. HG Sema — Gold
  3. R. Lalchhandama — Silver
  
3. **Robert Zohmangaiha represented India and reached Qtr. Final in 2<sup>nd</sup> World Junior Taekwondo Championship at Warsaw, Poland during 9-11.6.1995**
  
4. **Lalremkimi (Bantam Weight) represented India and won Bronze Medal in 3<sup>rd</sup> Asian Junior Taekwondo Championship at Almaty, Kazakhstan during 19-21.8.2005**
  
5. **V. Lalawmpuia represented India and reached 2<sup>nd</sup> Round in the 6<sup>th</sup> Junior World Taekwondo Championship at Ho-chi-minh, Vietnam during 26-30.7.2006**
  
6. **Lalremkimi (Bantam Weight) represented India and reached Q/F in X South Asian Federation (SAF) Games at Colombo, Sri Lanka during 2-27.8.2006**
  
7. **C. Lalzuitluanga (Light Weight) and Lalsangzuali (Welter Weight) represented India in the 4<sup>th</sup> Commonwealth Taekwondo Championship at Winnipeg, Canada during 21-24.11.2008**
  
8. **Lalsangzuali (-67Kgs) represented India and reached Qtr. Final in WTF World Taekwondo Championship at Copenhagen, Denmark during 14-18.10.2009**
  
9. **Lalsangzuali (-67Kgs) represented India and Q/F in 19<sup>th</sup> Asian Senior Taekwondo Championship at Astana, Kazakhstan during 20-23.5.2010**
  
10. **The following Taekwondo Players represented India in Indian Open–International Taekwondo Championship at Visakhapatnam, Andhra Pradesh during 21-24.9.2010**
  1. H. Vanlalhriata —68 Kgs — Bronze
  2. Lalmuanawma —54 Kgs — 3rd Rd.
  3. C. Malsawmtluanga —58 Kgs — 2nd Rd.
  4. C. Vanlalhuma —74 Kgs — Q/F
  5. C. Lalrochhara —87 Kgs — Rd. 16
  6. T. Thangneihkimi —46 Kgs — 2nd Rd.
  7. Lalhmingsangi —53 Kgs — Q/F
  8. Sairengpuii Sailo —73 Kgs — 2nd Rd.

**Officials –**  
 Manager — R. Vanlalnghaka  
 Coach — Robert Zohmangaiha

11. **International Referee – Joseph Thansanga & V Lalnienga represented India as Referee in Indian Open – International Taekwondo Championship at Visakhapatnam, Andhra Pradesh during 21-24.9.2010**
12. **Lalruatkima represented India in 5<sup>th</sup> WTF World Taekwondo Poomsae Championship at Taskent, Uzbekistan during 8-10.10.2010**
13. **The following Taekwondo Players represented India in the 5<sup>th</sup> Commonwealth Taekwondo Championship-2011 at J.N. Multipurpose Indoor Stadium, Chennai, Tamil Nadu during 28-31.1.2011**
  - Poomsae (Male Group) — Bronze**
  - 1. Lalruatkima
  - 2. R. Lalchhandama
  - 3. F. Lalhunlua
  - Poomsae (Female Group) — Bronze**
  - 1. R. Lalhlimpuii
  - 2. Rosalyn Lianhmingthangi
  - 3. T. Thangneihkimi
  - Individual —**
  - 1. Arjun Pandey -51 Kgs —Silver
  - 2. Vanlalruata -58 Kgs —Bronze
  - 3. C. Lalzuitluanga -73 Kgs —Q/F
  - 4. F. Lalrempuii -68 Kgs —Silver
14. **Vanlalruata (-58 Kgs) represented India and won Bronze medal in 1<sup>st</sup> Asian Army Sports Meet held at Kathmandu, Nepal during 9-14.3.2012**
15. **Johny Vanlalruatsanga represented India and reached 2<sup>nd</sup> Round in the 9th World Junior Taekwondo Championship at Sharm El-Sheikh, Egypt during 4-9.4.2012**
16. **Johny Vanlalruatsanga (-68 Kgs) represented India and won Bronze medal in 6<sup>th</sup> Asian Junior Taekwondo Championship held at Ho Chi Minh, Vietnam during 6-8.5.2012**
17. **The following Taekwondo players represented India in 2<sup>nd</sup> Asian Senior Taekwondo Championship held at Ho Chi Minh, Vietnam during 4-5.5.2012**
  - 1. Lalruatkima Group Poomsae S/F
  - 2. F. Lalhunlua Group Poomsae S/F
  - 3. R. Lalchhandama Group Poomsae S/F
18. **Lalzirmawia Chhangte represented India as Head of Indian Team and Joseph Thansanga represented India as Team Coach in 2<sup>nd</sup> Asian Senior Taekwondo Championship held at Ho Chi Minh, Vietnam during 4-5.5.2012**
19. **Johny Vanlalruatsanga (-63 Kgs) & F. Lalrempuii (-67 Kgs) represented India in World Taekwondo Championship at Puebla, Mexico during 15-21.7.2013**
20. **The following Taekwondo players represented India in International Taekwondo Championship-2014 at Thimpu, Bhutan during 8-9.2.2014**
  - 1. Zoramsanga — Gold
  - 2. Ruthi Lalrinchhani — Gold
  - 3. Dominic Lalmuanpuia — Silver

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|----|------------------|----------|
| 4. | Lallawmzuali     | — Silver |
| 5. | Arjun Pandey     | — Bronze |
| 6. | Medal Sanga      | — Bronze |
| 7. | Shira Laltanpuui | — Bronze |

**Officials-**

- |              |   |
|--------------|---|
| Head of Team | — Joseph Thansanga                            |
| Managers     | — Lalhmangaihi, Lalngaihawmi & R. Lalthanpuia |
| Coach        | — Hlimpuia                                    |

21. **Linda Lalchungnungi represented India and won Bronze medal (Poomsae Mixed Team Category) in 3<sup>rd</sup> Asian Senior Taekwondo Poomsae Championship at Tashkent, Uzbekistan during 25-28.5.2014**

22. **Saiengpuui Sailo (+73 Kgs) represented India and won Bronze medal in the 2<sup>nd</sup> Mt. Everest Open International Taekwondo Championship at Kathmandu, Nepal during 3-5.5.2014**

23. **The following Taekwondo players represented India in 2<sup>nd</sup> Bhutan International Taekwondo Championship & 1st International Poomsae Taekwondo Championship at Thimphu, Bhutan during 20-22.5.2016**

- |     |                               |                                       |          |
|-----|-------------------------------|---------------------------------------|----------|
| 1.  | Daniel Lalhumthanga           | Kyorugi (Junior, U-41 Kgs)            | — Gold   |
| 2.  | Samuel Vanrokima              | Kyorugi (Junior, U-31 Kgs)            | — Gold   |
| 3.  | ZH Lalrammuanpuia             | Kyorugi (Jr. U-45 Kgs)                | — Gold   |
| 4.  | Lalnunkimi                    | Kyorugi (Junior, U-49 Kgs)            | — Gold   |
| 5.  | C. Zoramsanga                 | Kyorugi (Senior, U-45 Kgs)            | — Gold   |
| 6.  | C. Vanlalhuma                 | Kyorugi (Senior, U-76 Kgs)            | — Gold   |
| 7.  | P. VL Remtluanga              | Kyorugi                               | — Gold   |
| 8.  | C. Lalfakzuala                | Kyorugi (Senior, U-50 Kgs)            | — Silver |
| 9.  | KC Zonunsangi                 | Kyorugi (Senior, U-76Kgs)             | — Silver |
| 10. | Marry C. Lalhmangaihzuai      | Kyorugi (Junior, U-37Kgs)             | — Bronze |
| 11. | R. Vanlalhruaizeli            | Kyorugi (Junior, U-45Kgs)             | — Bronze |
| 12. | PB Lalhuapzauva               | Kyorugi (Senior, U-48Kgs)             | — Bronze |
| 13. | PC VL Remtluanga              | Kyorugi (Senior, +76Kgs)              | — Bronze |
| 14. | Lalnunpuia                    | Kyorugi                               | — Bronze |
| 15. | B. Malsawmzuala               | Kyorugi                               | — Bronze |
| 16. | Lalhruaitluangi               | Kyorugi (Junior, U-49Kgs)             | — Bronze |
| 17. | Simon Lalrinchhana            | Poomsae (Jr. Individ. U-10 Yrs)       | — Gold   |
| 18. | Lalhlimpuii                   | Poomsae (Senior Individ., U-39 Yrs.)  | — Gold   |
| 19. | FC Jacob Laldinthara          | Poomsae (Sr. Individ., U-29 Yrs.)     | — Gold   |
| 20. | R. Lalchhandama               | Poomsae (Senior Individ., U-39 Yrs.)  | — Gold   |
| 21. | FC Jacob Laldinthara & Harsha | Poomsae Mix Pair (Sr. U-29 Yrs.)      | — Gold   |
| 22. | R. Lalchhandama & Lalhlimpuii | Poomsae Mix Pair (Sr. Pair U-39 Yrs.) | — Gold   |
| 23. | ZH Laltlanmawia               | Poomsae (Jr. Individ. U-15Yrs)        | — Silver |
| 24. | Lalronghaki                   | Poomsae (Jr. Individ., U-15 Yrs.)     | — Silver |
| 25. | Lalremruata & Lalronghaki     | Poomsae Mix Pair (Jr. Pair U-15 Yrs.) | — Silver |
| 26. | Catherine Lalhruaitluangi     | Poomsae (Sr. Individ. U-19 Yrs.)      | — Bronze |
| 27. | Lalnunpuia                    | Poomsae (Senior, U-52 Kgs)            | — Bronze |
| 28. | B. Malsawmzuala               | Poomsae (Senior, U-56Kgs)             | — Bronze |
| 29. | Lalhruaitluangi               | Poomsae                               | — Bronze |

**Officials-**

Head of Team	— Joseph Thansanga
Managers	— CH Vanhmingthanga & F Thangtinliana
Coach	— R. Lalchhandama

24. **2<sup>nd</sup> Kukkiwon Cup Indian International Taekwondo Championship at Delhi, during 22-24.5.2018**

**KYORUGI****SUB- JUNIOR**

1.	Malsawmtluanga Sailo	U-35 Kgs	— Bronze
2.	Pansy Rampanzeli	U-32 Kgs	— Bronze

**CADET**

1.	C. Vanlalhriatpuii	U-37 Kgs	— Bronze
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**JUNIOR**

1.	C. Zoramsanga	U-51 Kgs	— Silver
2.	Lalnunkimi	U-49 Kgs	— Bronze

**SENIOR**

1.	Johny Vanlalruatsanga	U-74 Kgs	— Silver
2.	Lalsangzuali	+ 73 Kgs	— Silver
3.	Kaplantzawni	U-49 Kgs	— Bronze
4.	Lalliankimi	U-53 Kgs	— Bronze
5.	F. Lalrempuii	U-67 Kgs	— Bronze

**SUB- JUNIOR (COLOUR BELT)**

1.	Vanlalthlamuanpuii	Individual	— Gold
2.	V. Vanengmawia	Individual	— Gold
3.	V. Malsawmtluanga	Individual	— Gold
4.	Pansy Rampanzeli	Individual	— Silver
5.	Vanmalsawmi	Individual	— Silver
6.	Malsawmtluanga Sailo	Individual	— Silver
7.	Pansy Rampanzeli, Vanmalsawmi & Vanlalthlamuanpuii	Team	— Gold
8.	V. Vanengmawia, Malsawmtluanga Sailo & V. Malsawmtluanga	Team	— Silver

**CADET (COLOUR BELT)**

1.	Lalremruati	Individual	— Gold
2.	C. Vanlalhriatpuii	Individual	— Gold
3.	R. Lalmalsawma	Individual	— Gold
4.	Lalronghaki Renthlei	(Black) Individual	— Gold
5.	Lalronghaki Renthlei & Ramdinliana	Pair	— Gold
6.	Lalremruati, C. Vanlalhriatpuii & Lalronghaki Renthlei	Team	— Gold
7.	Ramdinliana	Individual	— Silver
8.	Lalremruati & R. Lalmalsawma	Pair	— Silver

### **JUNIOR (COLOUR BELT)**

1.	Lalfakzuala	(Black) Individual	— Gold
2.	Lalthlamuana & Lalthlamuankimi	Pair	— Silver
3.	Lalthlamuankimi	Individual	— Bronze
4.	Lalnunkimi & Lalrinlawma	Pair	— Bronze

### **SENIOR (COLOUR BELT)**

1.	Lalsangpuia	Individual	— Gold
2.	C. Lalfakzuala	Individual	— Silver
3.	B. Malsawmzuala	Individual	— Bronze

### **SENIOR (BLACK BELT)**

1.	Catherine Lalhruaitluangi	Individual	— Gold
2.	Catherine Lalhruaitluangi & Robert Laltluangkima	Pair	— Gold
3.	Catherine Lalhruaitluangi, Vanlalmangaihthangi & Angela Lalremruati	Team	— Gold
4.	Dominic Rozamlia Kiangte	Individual	— Silver
5.	Lianthangpuii & FC Jacob Laldinthara	Pair	— Silver
6.	Dominic Rozamlia, Arjun Pandey & FC Jacob Laldinthara	Team	— Silver
7.	Angela Lalremruati & Dominic Rozamlia	Pair	— Bronze
8.	Vanlalmangaihthangi & Arjun Pandey	Pair	— Bronze
9.	Albert Lalrinfela, Robert Laltluangkima & Lalhminghlua	Team	— Bronze

### **2<sup>ND</sup> SENIOR (BLACK BELT)**

1.	Lahlhimpuii	Individual	— Gold
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### **TROPHY — TEAM CHAMPION**

#### **Officials –**

Manager	– F. Lalhmingliana
Asst. Manager	– C. Malsawmtluanga
Coach	– Remlahlhimpuia
Asst. Coach	– C. Vanlalhuma

### **25. 4<sup>th</sup> International Open Kyorugi & 3<sup>rd</sup> International Taekwondo Poomsae Championships at Thimpu, Bhutan during 2-4.6.2018**

#### **POOMSAE TEAM JUNIOR II UNDER – 15**

1.	Ramdiniana	Individual Male	— Gold
2.	Lalronghaki Renthlei	Individual Male	— Gold
3.	Simon Lalrinchhana &		

	Lalronghaki Renthlei	Mixed Pair	— Gold
4.	Simon Lalrinchhana, ZH Lalramthansanga & Samuel Lalfakzuala	Team	— Gold
5.	Simon Lalrinchhana	Individual	— Silver
6.	Lalremruati	Individual Female	— Silver
7.	Ramdiniana & Lalremruati	Mixed Pair	— Silver
8.	Samuel Lalfakzuala	Individual Male	— Bronze
9.	ZH Lalramthansanga	Individual Male	— Bronze
10.	C. Vanlalhriatpuii	Individual Female	— Bronze
11.	R. Lalmalsawma & C. Vanlalhriatpuii	Mixed Pair	— Bronze

### **JUNIOR III UNDER – 19**

1.	Lalthlamuanpuia	Individual Male	— Gold
2.	Catherine Lalhruaitluangi	Individual Female	— Gold
3.	ZH Laltlanmawia & Mercy K. Zorinpuii	Mixed Pair	— Gold
4.	Lalthlamuanpuia, Lalfakzuala & Daniel Lalhumthanga	Male Team	— Gold
5.	Catherine Lalhruaitluangi, Mercy K. Zorinpuii & Lalthlamuankimi	Female Team	— Gold
6.	Lalfakzuala	Individual Male	— Silver
7.	Lalthlamuankimi	Individual Female	— Silver
8.	ZH Laltlanmawia, Vanlalmawipuia & Lalinpuia	Male Team	— Silver
9.	Daniel Lalhumthanga	Individual Male	— Bronze
10.	Ngaisianmuani	Individual Female	— Bronze

### **SENIOR UNDER - 29**

1.	Dominic Rozamlia	Individual Male	— Gold
2.	Angela Lalremruati	Individual Female	— Gold
3.	FC Jacob Laldinthara & Angela Lalremruati	Mixed Pair	— Gold
4.	FC Jacob Laldinthara, Arjun Pandey & Dominic Rozamlia	Male Team	— Gold
5.	H. Vanlalfela	Individual Male	— Silver
6.	Vanlalmangaihthangi	Individual Female	— Silver
7.	Arjun Pandey & Vanlalmangaihthangi	Mixed Pair	— Silver
8.	Robert Laltluangkima, H. Vanlalfela & R. Lalrempuia	Male Team	— Silver
9.	Lalhminghlua	Individual Male	— Bronze

### **SENIOR II UNDER - 39**

1.	R. Lalchhandama & Lalhlimpuii	Mixed Pair	— Gold
2.	R. Lalchhandama, C. Malsawmtluanga & C. Vanlalthuma	Male Team	— Gold

3.	C. Malsawmtluanga	Individual Male	— Silver
4.	R. Lalchhandama	Individual Male	— Bronze

### TROPHY - TEAM CHAMPION

#### Officials –

Manager — C. Malsawmtluanga  
Coach — C. Vanlalhuma

### KYORUGI

#### CADET MALE DIVISION

1.	HK Lalrinchhana	U-33 Kgs	— Gold
2.	Jonathan F. Hmingthanmawia	U-37 Kgs	— Gold
3.	Lalhriatpuia	U-41 Kgs	— Gold
4.	Robert VL Hmangaihsanga	U-53 Kgs	— Gold
5.	R. Lalmalsawma	U-33 Kgs	— Silver
6.	Lalruatkima	U-33 Kgs	— Bronze
7.	ZH Lalramthansanga	U-37 Kgs	— Bronze
8.	Malsawmzela Mualchin	U-45 Kgs	— Bronze

#### JUNIOR MALE DIVISION

1.	Robert VL Hmangaihsanga	U-53 Kgs	— Gold
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#### SENIOR MALE DIVISION

1.	Vanlalmawipuia	U-63 Kgs	— Gold
2.	PC Lalmuanawma	U-68 Kgs	— Gold
3.	Johny Vanlalruatsanga	U-74 Kgs	— Gold
4.	B. Malsawmzuala	U-63 Kgs	— Silver
5.	Zohmingthanga	U-54 Kgs	— Bronze
6.	Lalinpuia	U-58 Kgs	— Bronze
7.	Laltlanmawia	U-58 Kgs	— Bronze
8.	PC VL Remtluanga	U-80 Kgs	— Bronze

#### CADET FEMALE DIVISION

1.	R. Lalbiaknuami	U-37 Kgs	— Gold
2.	Lalronghaki Renthlei	U-41 Kgs	— Gold

### 26. 1<sup>st</sup> India Cup Open International Taekwondo Championship held at Silchar, Assam during 16–18 November 2018

#### KYORUGI MEDALIST

1.	Vanlalpeka	Sub-Junior (Boys) Under 18 Kg	— Gold
2.	Ezra Lalhlimawma	Sub-Junior (Boys) Under 21 Kg	— Gold
3.	V. Vanengmawia	Sub-Junior (Boys) Under 25 Kg	— Gold
4.	Lalduhzuala	Sub-Junior (Boys) Under 29 Kg	— Gold
5.	David Lalhruaitluanga	Sub-Junior (Boys) Under 35 Kg	— Gold
6.	Vanlalawmpuia	Sub-Junior (Boys) Under 38 Kg	— Gold
7.	Zaihruaimawii	Sub-Junior (Girls) Under 18 Kg	— Gold
8.	Lalrinchhani	Sub-Junior (Girls) Under 22 Kg	— Gold
9.	Remruatmawii	Sub-Junior (Girls) Under 24 Kg	— Gold
10.	Fedelia Vanlalthlamuanpuii	Sub-Junior (Girls) Under 29 Kg	— Gold
11.	Remruatpuii	Sub-Junior (Girls) Under 32 Kg	— Gold
12.	Lalrinhluii Ralte	Sub-Junior (Girls) Under 38 Kg	— Gold

13.	KC Lalrinzuali	Sub-Junior (Girls) Over 41 Kg	— Gold
14.	Malsawmtluanga	Cadet – Boys Under 49 Kg	— Gold
15.	R. Lalremsanga	Cadet – Boys Under 57 Kg	— Gold
16.	Laltlanchhuaha	Cadet – Boys Under 65 Kg	— Gold
17.	Samuel B. Lalruatfela	Cadet – Boys Over 65 Kg	— Gold
18.	Lalringheti Sailo	Cadet – Girls Under 44 Kg	— Gold
19.	Lydia Lalrinawmi	Cadet – Girls Under 51 Kg	— Gold
20.	Lalremruati	Cadet – Girls Over 59 Kg	— Gold
21.	Lalduhawma	Junior – Boys Under 48 Kg	— Gold
22.	Johny Lalremdika	Sub. Jr. – Boys Under 32 Kg	— Silver
23.	Esther Lalchhanhimi	Sub. Jr. – Girls Under 20 Kg	— Silver
24.	Lalremruati	Cadet – Girls Under 37 Kg	— Silver
25.	Ruthi Lalhruaitluangi	Cadet – Girls Under 41 Kg	— Silver
26.	Malsawmtluangi	Cadet – Girls Under 44 Kg	— Silver
27.	C. Vanlalpekhlu	Cadet – Girls Under 47 Kg	— Silver
28.	Lalfakzuala	Junior – Boys Under 51 Kg	— Silver
29.	Lalrinlawma	Junior – Boys Under 55 Kg	— Silver
30.	V. Malsawmtluanga	Sub. Jr. – Boys Under 23 Kg	— Bronze
31.	R. Malsawmzuala	Sub. Jr. – Boys Under 38 Kg	— Bronze
32.	Lallawmkimi	Sub. Jr. – Girls Under 41 Kg	— Bronze
33.	Hmingthanpuia	Cadet – Boys Under 41 Kg	— Bronze
34.	C. Lallawmsanga	Cadet – Boys Under 45 Kg	— Bronze
35.	Lalduhawmi	Cadet – Girls Under 41 Kg	— Bronze
36.	C. Vanlalhriathlui	Cadet – Girls Under 41 Kg	— Bronze

#### **POOMSAE MEDALIST**

1.	V. Vanengmawia	Sub-Junior (Boys) Individual	— Gold
2.	Vanmalsawmi	Sub-Junior (Boys) Individual	— Gold
3.	C. Vanlalhriatpuii	Cadet (Girls) Individual	— Gold
4.	Lalfakzuala	Junior (Boys) Individual	— Gold
5.	Vanmalsawmi & V. Vanengmawia	Sub-Junior (Boys) Mix Pair	— Gold
6.	Lalramhluna, Joseph Vanlalpekhlua & S. Vanlalnghaka	Cadet (Boys) Team	— Gold
7.	Lalremruati, J. Zothanzuali & C. Vanlalhriatpuii	Cadet (Girls) Team	— Gold
8.	Lalhmingmawii	Sub-Junior (Girls) Individual	— Silver
9.	Vanmalsawmi, Lalrinhlui Ralte & Lalhmingmawii	Sub-Junior (Girls) Team	— Silver
10.	V. Malsawmtluanga	Sub-Junior (Boys) Individual	— Bronze
11.	Ramdiniana	Cadet (Boys) Individual	— Bronze
12.	Lalremruati	Cadet (Girls) Individual	— Bronze
13.	Joseph Vanlalpekhlua & Malsawmsaki	Cadet Mix Pair	— Bronze



14. Lalhmingmawii & V. Malsawmtluanga Sub-Junior Mix Pair — Bronze

**Officials -**

- Head of Team — Joseph Thansanga  
 Coaches — Arjun Pandey  
 Manager — Mary Laltanpuii  
 Tech. Officials — Alan Z Rosema & Vanlalmangaihthangi

27. **5th International Kyorugi (Fight) Taekwondo Championship & 4th International Poomsae Taekwondo Championship at Thimpu, Bhutan during 1-3.6.2019**

**KYORUGI**

- |     |                     |                      |          |
|-----|---------------------|----------------------|----------|
| 1.  | Vanlalthlamuanpuii  | Under-33 Kgs. Kids   | — Gold   |
| 2.  | F. Lalawmpuii       | Under-33 Kgs. Cadet  | — Gold   |
| 3.  | KC Lalrinzuali      | Under-47 Kgs. Cadet  | — Gold   |
| 4.  | Ngaihshianmuani     | Under-49 Kgs. Junior | — Gold   |
| 5.  | Jenny MS Dawngliani | Under-51 Kgs. Cadet  | — Gold   |
| 6.  | Lalrinchhana        | Under-37 Kgs. Cadet  | — Gold   |
| 7.  | C. Lallawmsanga     | Under-49 Kgs. Cadet  | — Gold   |
| 8.  | Lalduhawma          | Under-54 Kgs. Senior | — Gold   |
| 9.  | Ramdingliani        | Under-33 Kgs. Kids   | — Silver |
| 10. | C. Vanlalhriatpuii  | Under-44 Kgs. Cadet  | — Silver |
| 11. | R. Lalbiaknuami     | Under-41 Kgs. Cadet  | — Silver |
| 12. | VL Awmpuia          | Under-33 Kgs. Cadet  | — Silver |
| 13. | H. Lalthlamuana     | Under-58 Kgs. Senior | — Bronze |
| 14. | V. Malsawmtluanga   | Under-24 Kgs. Kids   | — Bronze |
| 15. | Lalduhawmi          | Under-44 Kgs. Cadet  | — Bronze |

**POOMSAE**

- |     |  |                              |                  |
|-----|--|------------------------------|------------------|
| 1.  | Vanlalthlamuanpuii                                   | Individual (Junior-II)       | — Gold           |
| 2.  | Ramdinliana, V. Vanengmawia & V. Malsawmtluanga      | Team (Junior-II)             | — Gold           |
| 3.  | Pansy Rampanzeli, C. Vanlalhriatpuii & Lalremruati   | Team (Junior-II)             | — Gold           |
| 4.  | Robert Laltluangkima, Lalhminghlua & H. Lalthlamuana | (Junior-II)<br>Team (Senior) | — Gold<br>— Gold |
| 5.  | Ngaisianmuani  | Individual (Junior-III)      | — Silver         |
| 6.  | Robert Laltluangkima                                 | Individual (Senior-I)        | — Silver         |
| 7.  | Ngaisianmuani & Lalduhawma                           | Pair (Junior-III)            | — Silver         |
| 8.  | Ramdinliana & Vanmalsawmi                            | Pair (Junior-II)             | — Silver         |
| 9.  | Pansy Rampanzeli                                     | Individual (Junior-II)       | — Bronze         |
| 10. | C. Vanlalhriatpuii                                   | Individual (Junior-II)       | — Bronze         |
| 11. | V. Vanengmawia                                       | Individual (Junior-II)       | — Bronze         |
| 12. | Ramdinliana  | Individual (Junior-II)       | — Bronze         |
| 13. | R. Vanlalbiakhlumawma                                | Individual (Senior-I)        | — Bronze         |
| 14. | Lalhminghlua   | Individual (Senior-I)        | — Bronze         |

15. V. Vanengmawia & Vanlalthlamuanpuii Pair (Junior-II) —Bronze

**Officials -**

Manager — H. Lalthazova  
Coach — Zohmingthanga

**28. 3rd Kukkiwon International Taekwondo Championship at New Delhi during 5-7.6.2019**

**POOMSAE**

1.	Lalrinhlui Ralte	Fresher Category	— Gold
2.	Esther Lalchhanhimi	Fresher Category	— Gold
3.	PC Lalmuanpuia	Sub. Junior	— Gold
4.	Fedelia VL Thlamuanpuii	Sub. Junior	— Silver
5.	J. Zothanzuali	Cadet	— Gold
6.	Simon Lalrinchhana	Cadet	— Gold
7.	Vanlalrohlu Fanai	Cadet	— Gold
8.	Theresa Zozemawii Laillet	Cadet	— Gold
9.	Lalfakzuala	Junior	— Gold
10.	Ngaisianmuan	Junior	— Gold
11.	C. Lalramthari	Junior	— Gold
12.	Lalthlamuanpuia	Senior	— Gold
13.	Daniel Lalhumthanga	Senior	— Silver
14.	H. Vanlalfela	Senior	— Bronze
15.	Daniel Lalhumthanga	Sr. New Poomsae	— Gold
16.	Lalthlamuanpuia	Sr. New Poomsae	— Silver
17.	Simon Lalrinchhana & J. Zothanzuali	Cadet Pair	— Gold
18.	Lalthlamuanpuia, Daniel Lalhumthanga & H. Vanlalfela	Sr. Men Team	— Gold
19.	F. Vanlalhriati, Lalsangzuali & Lalhlimpuii	Sr. Women Team	— Gold
20.	Lalhlimpuii & Laltlanmawia	Sr. Pair	— Gold
21.	Lalhlimpuii	Sr. Women Individual	— Gold
22.	F. Vanlalhriati	Sr. Women Fresher Individual	— Gold

**KYORUGI**

1.	Esther Lalchhanhimi	Under-18 (Fresher)	— Gold
2.	Fedelia Vanlalthlamuanpuii	Under-29 (Fresher)	— Gold
3.	Lalrinhlui Ralte	Under-41 (Fresher)	— Bronze
4.	Lalduhzuala	Under-32 (Fresher)	— Bronze
5.	PC Lalmuanpuia	Under-23 (Sub-Jr)	— Bronze
6.	Theresa Zozemawii Laillet	Under-37 (Cadet)	— Bronze
7.	Vanlalrohlu Fanai	Under-37 (Cadet)	— Bronze
8.	ZH Lalramthansanga	Under-45 (Cadet)	— Silver
9.	C. Lalramthari	Under-52 (Junior)	— Silver
10.	Ngaisianmuani	Under-46 (Junior)	— Silver
11.	C. Zoramsanga	Under-54 (Senior)	— Gold
12.	Laltlanmawia	Under-58 (Senior)	— Silver

- |     |                |                   |        |
|-----|----------------|-------------------|--------|
| 13. | PC Lalmuanawma | Under-63 (Senior) | — Gold |
| 14. | Lalsangzuali   | Over-73 (Senior)  | — Gold |

**Officials -**

- |                     |                                      |
|---------------------|--------------------------------------|
| Head of Team        | — Joseph Thansanga                   |
| Manager             | — R. Lalrinmawia                     |
| Coach               | — Lalsangzuali                       |
| Technical Officials | — Lalnunhlhma & Vanlalhmangaihthangi |

29. **13<sup>TH</sup> SOUTH ASIAN GAMES 2019 held at Kathmandu & Pokhara during 1–10.12.2019**

**Team**

- |                                  |        |
|----------------------------------|--------|
| <b>Poomsae Under 23 Category</b> | — Gold |
|----------------------------------|--------|

1. Lalthlamuanpuia, Daniel Lalhumthanga & Lalfakzuala

- |   |          |
|---|----------|
| <b>Under 23 Male Individual Poomsae</b> | — Bronze |
|---|----------|

1. Lalthlamuanpuia

30. **2020 Kosma Cup Global Online International Poomsae Championship, Chinese Taipei, August 10-20, 2020**

- |                        |          |
|------------------------|----------|
| 1. Lalthlamuanpuia     | — Gold   |
| 2. Vanlalhlamuanpuui   | — Gold   |
| 3. Pansy Rampanzeli    | — Bronze |
| 4. Esther Lalchhanhimi | — Bronze |
| 5. Ngurthanzami Sailo  | — Bronze |

31. **2020 Smart/MVP Sports Foundation Global Taekwondo Online Speed Kicking Championship, Philippines, October 23-25, 2020**

- |                      |        |
|----------------------|--------|
| 1. Vanlalmawipuia    | — Gold |
| 2. Ruthi Lalneihhlui | — Gold |

32. **PM CUP Online Open International Taekwondo Championship November 26–30, 2020 Haryana India**

- |                            |            |                            |
|----------------------------|------------|----------------------------|
| 1. Joshua Lalthlangdika    | Pewee      | — Gold                     |
| 2. Esther Lalchhanhimi     | Sub-Junior | — Gold                     |
| 3. Pansy Rampanzeli        | Cadet      | — Gold                     |
| 4. Reuben Lalruatdika      | Sub-Junior | — Gold                     |
| 5. Felix J. Hmingthanmawia | Junior     | — Gold                     |
| 6. Joseph Thansanga        | Under 50   | — Bronze 26. <b>2nd MK</b> |

33. **Classic Open International Online Taekwondo Championship, December 4–6, 2020, New Delhi POOMSAE –**

- |                           |                        |        |
|---------------------------|------------------------|--------|
| 1. Pansy Rampanzeli       | Cadet Individual Black | — Gold |
| 2. Reuben Lalruatdika     | Sub-Junior Individual  | — Gold |
| 3. Vanmalsawmi            | Sub-Junior Individual  | — Gold |
| 4. Isak Lalawmpuia        | Junior Individual      | — Gold |
| 5. Lalmalsawma            | Junior Individual      | — Gold |
| 6. Joshua Lalthlangdika   | Pewee Individual       | — Gold |
| 7. Albert Lalrinfela      | Senior Individual      | — Gold |
| 8. Lina Lalhmangaihsangi  | Senior Pair            | — Gold |
| 9. Albert Lalrinfela      | Senior Pair            | — Gold |
| 10. Fabian Vanlalremsiama | Senior Individual      | — Gold |

11.	H. Lalthlamuana	Senior Individual	— Gold
12.	Lalnunpuii	Senior Individual	— Gold
13.	Manase Vanlaltanpuia	Pewee Individual	— Silver
14.	Noel Malsawmtluangi	Junior Individual	— Silver
15.	Lalhriatpuia	Senior Individual	— Silver
16.	H. Lalthlamuana	Senior Team	— Silver
17.	Lalhriatpuia	Senior Team	— Silver
18.	Fabian Vanlalremsiama	Senior Team	— Silver
19.	Lalmuanpuii Khiangte	Sub-Junior Individual	— Bronze
20.	Lina Lalmangaihsangi	Senior Individual	— Bronze

#### **SPEED KICKING –**

1.	Albert Lalrinfela	Senior B-B1	— Gold
2.	H. Lalthlamuana	Senior G-G1	— Gold
3.	Vanlalthlamuanpuia	Sub-Junior R-R1	— Gold
4.	Vanlalhruaimawia	Sub-Junior R-R1	— Gold
5.	K. Lalmangaihsanga	Senior W-Y	— Gold
6.	Lalhriatpuia	Senior G-G1	— Silver
7.	Fabian Vanlalremsiama	Senior G-G1	— Bronze
8.	K. Malsawmtluanga	Senior W-Y	— Bronze

### **34. Winter Cup Open International Taekwondo Championship January 15-17, 2021**

#### **POOMSAE –**

1.	Vanlalthlamuanpuii	Sub-Junior-Colour	— Gold
2.	Pansy Rampanzeli	Cadet- Black	— Gold
3.	Ramdinliana	Cadet- Black	— Gold
4.	Robert Laltluangkima	Senior- Black	— Gold
5.	V. Vanengmawia	Cadet-Colour	— Gold
6.	Joshua Lalthlangdika	Pee Wee-Colour	— Silver
7.	Vanmalsawmi	Sub-Junior Colour	— Silver
8.	Felix J. Hmingthanmawia	Junior-Black	— Silver
9.	R. Lalbiaknuami	Cadet-Black	— Silver
10.	V. Malsawmtluanga & Lalmuanpuii Khiangte	Sub-Junior Colour	— Gold
11.	V. Vanengmawia & Remruatmawii	Cadet-Colour	— Gold
12.	Ramdinliana & Pansy Rampanzeli	Cadet- Black	— Gold
13.	Lalmalsawma & Remruatpuii	Cadet-Colour	— Silver

#### **SPEED KICKING –**

1.	Joshua Lalthlangdika	Pee Wee	— Silver
2.	Joseph Lalruatdika Hrahsel	Pee Wee Colour	— Silver
3.	Vanlalthlamuanpuii	Sub-Junior-Colour	— Silver
4.	C. Lalrintluanga	Senior (U58)-Black	— Silver
5.	V. Vanengmawia	Cadet-Colour	— Bronze

## **OTHER ACHIEVEMENTS —**

1. **Dt. 3-6.9.2009** **World Taekwondo Federation (WTF) & Taekwondo Federation of India (TFI) buatsaihin 56<sup>th</sup> International Referee & 69<sup>th</sup> Refresher Course Seminar chu Bangaluru (Karnataka) ah neih a ni a, heng mite hian Taekwondo International Referee an Pass —**
  1. VL Sawma (IV Dan Black Belt)
  2. Joseph Thansanga (IV Dan Black Belt)
  3. V. Lalnienga (III Dan Black Belt)
  
2. **13<sup>th</sup> International Taekwondo Poomsae Referee Seminar & 9<sup>th</sup> International Poomsae Refresher Course, Bangalore, 4-8.6.2011 World Taekwondo Federation (WTF) buatsaihin International Poomsae Referee Seminar-ah heng mite hi telin International Poomsae Referee an pass—**
  1. VL Sawma, 4th Dan Black Belt
  2. Joseph Thansanga, 4th Dan Black Belt
  
3. **World Taekwondo Federation (WTF) Hqrs. Kukkiwon, South Korea chuan Taekwondo an promote that avangin heng mite hnenah hian Outstanding Performance Award a hlan –**
  1. Zothanpuia Letter of Appreciation 2002
  2. Dr. Rualkhuma Colney Letter of Appreciation 2012
  3. VL Sawma Letter of Commendation 2012
  4. Joseph Thansanga Letter of Commendation 2012
  
4. **Joseph Thansanga passed WT Online International Coach Certificate Course Level-I, September 8-9, 2020 conducted by World Taekwondo, S. Korea**
  
5. **Joseph Thansanga participated as a Coach in Online 2020 World Taekwondo G2 Poomsae Championship, November 23 – 27, 2020 conducted by World Taekwondo, S. Korea**