

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

**1988 —**

1. **9<sup>th</sup> National Taekwondo Championship held at Shillong, Meghalaya during 28-30.12.1988**

1. Farid Jurwa Light — Gold

**Official —**

Coach — VL Rawna

**1990 —**

1. **10<sup>th</sup> National Taekwondo Championship held at Ahmedabad, Gujarat during January, 1990**

1. Lalthanzuali — Silver

2. Laldinsanga — Bronze

3. John VL Chhanchhuaha — Bronze

4. Lalrinawma Sailo — Bronze

**Officials —**

Manager (Men) — VL Rawna

Manager (Women) — Lalrintluangi

Coach — VL Sawma

**1991 —**

1. **All India YMCA Sports Meet held at Aizawl, Mizoram during 8-10.10.1991**

– Mizoram Team won 9 Gold Medal, 9 Silver Medal, 15 Bronze and 'Male Best Fighter' Trophy

**Officials —**

Coach — VL Sawma

**1992 —**

1. **Assam Open Taekwondo Championship at Guwahati, Assam during May, 1992**

– Mizoram Team won 1 Silver, 3 Bronze and 1 'Best Fighter'

**1994 —**

1. **All India Taekwondo Championship at Sonipat, Haryana during 27-29.8.1994**

1. Robert Zohmangaiha — Gold

**Official —**

Coach — HG Sema

**1999 —**

1. **V National Games – 2009 held at Imphal, Manipur during 20-23.2.1999**

1. VL Sawma — Referee

2. Joseph Thansanga — Referee

3. Zothanpuia — Referee

2. **17<sup>th</sup> Women & 7<sup>th</sup> Men Black Belt National Taekwondo Championship at New Delhi during 23-25.4.1999**

1. Robert Zohmangaiha Fly Wt. — Bronze

**Official —**

Coach — HG Sema

Referee — VL Sawma & Zothanpuia

3. **19<sup>th</sup> Male & 17<sup>th</sup> Female Junior National Taekwondo Championship held at Lucknow, Uttar Pradesh during 15-17.10.1999**

1. Peter Vanlalhluna Light Wt. — Bronze

**Officials –**

Manager — Ramengmawia  
Coach (M) — R. Laltlankima  
Coach (F) — Lalrinawma Sailo  
Referee — VL Sawma

**2000 –**

1. **18<sup>th</sup> Female & 19<sup>th</sup> Male National Senior Taekwondo Championship held at Mumbai, Maharashtra during 3-4.2.2000**

1. H. Lalparmawii Fly — Bronze

**Officials –**

Manager — R. Laltlankima & Rampansangi  
Coach — Joseph Thansanga  
Referee — VL Sawma & Zothanpuia

2. **1<sup>st</sup> Prize Money Open National Black Belt Taekwondo Championship held at New Delhi during 18-19.10.2000**

1. Joseph Thansanga —Referee

3. **20<sup>th</sup> Male & 18<sup>th</sup> Female National Junior Taekwondo Championship held at Bangalore, Karnataka during 2-3.10.2000**

1. H. Laldinsangi Middle — Gold  
2. Anthony Siamkima Feather — Silver  
3. Lalparmawii Sailo Feather — Silver

**Officials –**

Coach — Robert Zohmangaiha  
Referee — Joseph Thansanga

**2001 –**

1. **20<sup>th</sup> Male & Female National Senior Taekwondo Championship held at Kolkata, W. Bengal during 2-4.2.2001**

1. Lalparmawii Sailo Fly — Bronze

**Officials –**

Manager — Zothanpuia  
Coach — VL Sawma & Robert Zohmangaiha  
Referee — Joseph Thansanga

2. **2<sup>nd</sup> Prize Money National Junior & Senior Taekwondo Championship held at Bangalore, Karnataka during 3-6.5.2001**

1. Lalparmawii Sailo Jr. Feather — Gold  
2. H Lalhmingsangi Jr. Bantam — Bronze  
3. Thelma R Zonunmawii Jr. Light — Bronze  
4. Lalparmawii Sailo Sr. Fly — Silver

**Officials –**

Manager — F. Laltanpuia  
Coach — H. Rozuala  
Referee — Joseph Thansanga

3. **National Federation Cup Taekwondo Championship held at Salem, Tamil Nadu during 7-9.9.2001**

1. Lalparmawii Sailo Bantam — Bronze  
**Trophy — Best Active Participation Trophy**

**Officials –**

- Manager — Zothanpuia  
Coach — VL Sawma  
Referee — Joseph Thansanga

4. **XXXI National Games held at Ludhiana, Punjab during 23-26.11.2001**

1. H. Laldinsangi Fly — Silver  
2. Lalparmawii Sailo Bantam — Silver  
3. Zoramthari Heavy — Bronze

**Officials –**

- Manager — Rosangpuii Hmar  
Coach — Robert Zohmangaiha  
Referee — Joseph Thansanga

**2002 –**

1. **National (Women Empowerment Year) Taekwondo Championship held at Thiruvananthapuram, Kerala during 16-18.8.2002**

1. H. Laldinsangi Light — Gold  
2. H. Lalmingsangi Fly — Silver

**Officials –**

- Manager — Rosangpuii Hmar  
Coach — Robert Zohmangaiha  
Referee — Joseph Thansanga

2. **22<sup>nd</sup> Boys & Girls National Junior Taekwondo Championship held at Thiruvananthapuram, Kerala during 16-18.8.2002**

1. H. Lalparmawii Fly — Gold  
**Trophy — ‘Best Male Active Participation Trophy’**

**Officials –**

- Manager — V. Lalnunsanga  
Coach — Peter Vanlalhluna  
Referee — Lalmangaihsangi

3. **21<sup>st</sup> Senior Men & Women National Taekwondo Championship held at Hyderabad, Andhra Pradesh during 30.8-1.9.2002**

1. Lalparmawii Sailo Bantam — Gold  
2. Thelma R Zonunmawii Feather — Bronze  
3. H. Laldinsangi Light — Bronze

**Trophy — ‘Best Female Fighting Spirit Trophy’**

**Officials –**

- Manager — Zothanpuia  
Coach — Joseph Thansanga  
Referee — VL Sawma

4. **2<sup>nd</sup> National Federation Cup Taekwondo Championship held at Aizawl, Mizoram during 19-21.11.2002**

1. Lalmingsangi Fly — Gold

2.	Lalparmawii Sailo	Light	— Gold
3.	H. Laldinsangi	Welter	— Gold
4.	C. Malsawmtluanga	Fly	— Gold
5.	H. Lalparmawii	Bantam	— Silver
6.	R. Lalhlimpuii	Fin	— Bronze
7.	Thelma R Zonunmawii	Feather	— Bronze
8.	C. Lalhmingthangi	Middle	— Bronze
9.	Zoramthari	Heavy	— Bronze
10.	James Lalhangmawia	Bantam	— Bronze
11.	Lalrindika	Feather	— Bronze
12.	C. Vanlalhuma	Light	— Bronze

**Trophy—**

1. 'Men 2nd Runners Up Team Trophy'
2. 'Women Runners Up Team Trophy'
3. 'Overall Runners Up Trophy'

**Officials –**

Manager	— Rosangpuii Hmar & Baby Lalremruati
Coach	— Joseph Thansanga & Robert Zohmangaiha

5. **32<sup>nd</sup> National Games held at Hyderabad, Andhra Pradesh during 19-22.11.2002**

1.	H. Lalhmingtsangi	Fly	— Bronze
2.	H. Laldinsangi	Light	— Bronze
3.	Lalrokimi	Heavy	— Bronze

**Officials –**

Manager	— Laldinsangi
Coach	— V. Lalnienga
Referee	— Joseph Thansanga

**2003 –**

1. **21<sup>st</sup> National Sub-Junior Boys & Girls Taekwondo Championship at Bangalore, Karnataka during 23-25.3.2003**

1.	Lalrindiki	Bantam	— Silver
2.	Lalruatpuii	Light Middle	— Silver
3.	Lalramzauva	Middle	— Bronze
4.	Malsawmtluanga	Light	— Bronze
5.	Baby Zothanpuii	Heavy	— Bronze

**Trophy –**

'Best Female Fighting Spirit Team'

**Officials –**

Managers	— Lalnunfima & Vanlalruati
Coaches	— K. Lalramdinthara & Moses Lalsangzuala
Referee	— V. Lalnienga & Lalmangaihsangi

2. **23<sup>rd</sup> National Junior (Boys & Girls) National Taekwondo Championship at Bhopal, Madhya Pradesh during 18-20.8.2003**

1.	James Lalhangmawia	Light	— Silver
2.	C. Lalhmingthangi	Middle	— Bronze

**Officials –**

Manager	— H. Lalmalsawma
Coach	— Ramengmawia
Referee	— Joseph Thansanga

3. **22<sup>nd</sup> National Senior Men & Women Taekwondo Championship at Bangalore, Karnataka during 24-25.11.2003**

- |    |                |        |          |
|----|----------------|--------|----------|
| 1. | H. Laldinsangi | Fly    | — Bronze |
| 2. | H. Lalparmawii | Bantam | — Bronze |

**Officials –**

- |          |                                    |
|----------|------------------------------------|
| Managers | — VL Sawma & Moses Lalsangzuala    |
| Coaches  | — Robert Zohmangaiha & Ramengmawia |
| Referee  | — Joseph Thansanga                 |

**2004 –**

1. **3<sup>rd</sup> National Federation Cup Taekwondo Championship held at Hyderabad, Andhra Pradesh during 14-15.2.2004**

- |    |            |       |          |
|----|------------|-------|----------|
| 1. | Prem Jeet  | Light | — Gold   |
| 2. | Zoramthari | Heavy | — Bronze |

**Officials –**

- |         |                    |
|---------|--------------------|
| Coach   | — Joseph Thansanga |
| Referee | — V. Lalnienga     |

2. **24<sup>th</sup> National Junior Boys & Girls Taekwondo Championship held at Chennai, Tamil Nadu during 22-24.2.2004**

- |    |                     |           |          |
|----|---------------------|-----------|----------|
| 1. | Sairengpuii Sailo   | Heavy     | — Gold   |
| 2. | Rosette Lalremruati | Lt. Heavy | — Bronze |
| 3. | Dinesh Naik         | Fin       | — Bronze |

**Trophy — ‘Best Active Participation Trophy’**

**Officials –**

- |         |                                    |
|---------|------------------------------------|
| Manager | — Lalruatkima & J. Lalduhawmi      |
| Coach   | — Ramengmawia & Moses Lalsangzuala |
| Referee | — Joseph Thansanga                 |

3. **22<sup>nd</sup> National Sub-Junior (Boys & Girls) Taekwondo Championship held at Lucknow, Uttar Pradesh during 1-4.10.2004**

- |    |                   |            |          |
|----|-------------------|------------|----------|
| 1. | Janet Lalruatpuii | Fin        | — Gold   |
| 2. | Rosy Lalnunpuii   | Middle     | — Bronze |
| 3. | Lalruatpuii       | Lt. Heavy  | — Bronze |
| 4. | Vanlalthudika     | Lt. Middle | — Bronze |

**Officials –**

- |         |              |
|---------|--------------|
| Manager | — F. Rokima  |
| Coach   | — Vanlaldika |

4. **1<sup>st</sup> National Sub-Junior (Boys & Girls) Poomsae Championship held at Lucknow, Uttar Pradesh during 1-4.10.2004**

- |    |                     |            |          |
|----|---------------------|------------|----------|
| 1. | Samuel VL Hriatkima | Individual | — Gold   |
| 2. | Lalbiaksanga        | Individual | — Silver |
| 3. | T. Thangneihkimi    | Individual | — Silver |
|    |                     |            | — Silver |

**Team**

1. Samuel VL Hriatkima
2. Lalbiaksanga
3. Zothanzama
4. T. Thangneihkimi
5. Zobiakhluni

**Official –**

- |       |                    |
|-------|--------------------|
| Coach | — Joseph Thansanga |
|-------|--------------------|

5. **23<sup>rd</sup> National Senior Men & Women Taekwondo Championship held at Guwahati, Assam during 17-19.12.2004**

- |    |                     |         |          |
|----|---------------------|---------|----------|
| 1. | C. Malsawmtluanga   | Fin     | — Silver |
| 2. | Lalparmawii Sailo   | Middle  | — Silver |
| 3. | Thelma R Zonunmawii | Feather | — Silver |
| 4. | Zoramthari          | Heavy   | — Silver |

**Trophy** — 2<sup>nd</sup> Runners Up (Women) Team Trophy

**Officials –**

Manager — V. Lalnienga  
Coaches — Moses Lalsangzuala & VL Sawma  
Referee — Joseph Thansanga

6. **1<sup>st</sup> National Senior Men & Women Poomsae Championship held at Guwahati, Assam during 17-19.12.2004**

Mizoram Team — Gold

1. R. Lalchhandama
2. Lalruatkima
3. Joseph Lalsiama
4. R. Lalhlimpuii
5. Rammuanpuii

**Officials –**

Coach — VL Sawma

**2005 –**

1. **25<sup>th</sup> National Junior (Boys & Girls) Taekwondo Championship at Imphal, Manipur during 26-28.5.2005**

- |    |                     |         |          |
|----|---------------------|---------|----------|
| 1. | Lalremkimi          | Feather | — Gold   |
| 2. | C. Lalrochhara      | Heavy   | — Silver |
| 3. | Linda Lalchungnungi | Bantam  | — Bronze |
| 4. | C. Lalbiakmawia     | Middle  | — Bronze |
| 5. | Saiengpuii Sailo    | Heavy   | — Bronze |

**Officials –**

Managers — Joseph Thansanga & Lalhmangaihsangi  
Coaches — Robert Zohmangaiha & R Lalchhandama  
Referee — V. Lalnienga

3. **24<sup>th</sup> National Senior Men & Women Taekwondo Championship at N. Delhi during 4-6.10.2005**

- |    |            |     |          |
|----|------------|-----|----------|
| 1. | Lalremkimi | Fly | — Bronze |
|----|------------|-----|----------|

**Officials –**

Manager — Joseph Thansanga  
Coach — Robert Zohmangaiha

4. **23<sup>rd</sup> National Junior Taekwondo Championship at Mumbai, Maharashtra during 25-27.11.2005**

- |    |                        |         |          |
|----|------------------------|---------|----------|
| 1. | Lalhmangaihsangi       | Bantam  | — Gold   |
| 2. | Laldinpuia             | Feather | — Bronze |
| 3. | Samuel VL Hriatfamkima | Light   | — Bronze |

**Officials –**

Championship Arbitration Board Member — Joseph Thansanga  
Manager — Lalhmangaihsangi  
Coach — Joseph Lalsiama

**2006 —****1. 26<sup>th</sup> National Junior Boys & Girls Taekwondo Championship at Thiruvananthapuram, Kerala during 19-21.5.2006**

1.	V. Lalawmpuia	Light	— Silver
2.	PC Lalsangliana	Lt. Heavy	— Silver
3.	Angela Lalremruati	Bantam	— Silver
4.	Lalsangzuali	Middle	— Bronze
5.	Vanlalchhunga	Bantam	— Bronze

**Officials –**

Manager	— V. Lalnienga
Coach	— K. Lalramdinthara & Moses Lalsangzuala

**2. 25<sup>th</sup> National Senior Taelwondo Championship at Chennai, Tamil Nadu during 15-17.9.2006**

1.	Thelma R Zonunmawii	Feather	— Gold
2.	James Lalthangmawia	Fly	— Bronze
3.	Zoramthari	Heavy	— Bronze
4.	PC Lalrinpuui	Light	— Bronze
5.	Lalparmawii Sailo	Bantam	— Bronze

**Trophy — Best Fighting Spirit Team (Female)****Officials –**

Manager	— VL Sawma
Coaches	— Robert Zohmangaiha & Ramengmawia
Referee	— Joseph Thansanga

**3. 24<sup>th</sup> National Sub-Junior Championship at Ambala, Haryana during 12-14.11.2006**

1.	RK Malsawmtluanga	Feather	— Bronze
2.	Malsawmdawngzeli	Heavy	— Bronze

**Officials –**

Manager	— Joseph Lalsiama
Coaches	— PC VL Remtluanga & R. Vanlalnghaka
Referees	— Robert Zohmangaiha, Thelma R. Zonunmawii & R. Vanlalnghaki

**2007 —****1. 33<sup>rd</sup> National Games at Guwahati, Assam during 9-18.2.2007**

1.	Lalhmingiangi	Fly	— Bronze
2.	Zoramthari	Heavy	— Bronze
3.	Thelma R. Zonunmawii	Light	— Bronze

**Officials –**

Manager	— VL Sawma
Coach	— K. Lalramdinthara
Referee	— Joseph Thansanga

**2. All India Inter Regional SAI Taekwondo Championship at Kerala during 29-30.8.2007**

1.	Vanlalchhuanga	— Gold
2.	Lalhmingliana	— Silver

**3. 26<sup>th</sup> National Senior Taekwondo Championship at Visakhapatnam, Andhra Pradesh during 25-27.9.2007**

1.	Lalsangzuali	Welter	— Gold
2.	C. Lalzuitluanga	Light	— Silver

3. James Lalthangmawia Fly — Bronze

**Officials –**

Managers — Joseph Thansanga & F. Thangtinliana

Coaches — Jun Suk Kim & K. Lalramdinthara

Referee — Joseph Thansanga

4. **27<sup>th</sup> National Junior Taekwondo Championship at Margaon, Goa during 7-9.12.2007**

1. Lalsangzuali Middle — Gold

2. H. Vanlalhriata Welter — Gold

3. C. Lalhmingthangi Light — Bronze

4. Lalsangliana Pachuau Lt. Heavy — Bronze

**Officials –**

Manager — F. Thangtinliana

Coaches — H. Lalmalsawma & C. Malsawmtluanga

**2008 –**

1. **53<sup>rd</sup> National School Games Taekwondo Championship at Thiruvananthapuram, Kerala during 27-29.1.2008**

1. Ramtharngaka Feather — Bronze

**Officials –**

Manager — Vanengmawia

Coach — James Lalthangmawia

2. **1<sup>st</sup> National Open Poomsae Championship (1<sup>st</sup> National Taekwondo Festival–2008) at Bangalore, Karnataka during 24-25.6.2008**

1. Linda Lalchungnungi Sub-Junior — Gold

**Officials –**

Coach — Joseph Lalsiama

Referee — H. Lalmalsawma, V. Lalnienga, R Vanlalngbaka & Lalruatkima

2. **28<sup>th</sup> National Junior Taekwondo Championship at Pondicherry during 22-24.8.2008**

1. Lalsangzuali Lt. Heavy — Gold

2. Linda Lalchungnungi Bantam — Bronze

3. Lalzamlia Light — Bronze

4. PC Lalrinpui Lt. Middle — Bronze

5. Vanlalrinhlua Lt. Heavy — Bronze

**Officials –**

Managers — V. Lalnienga & R. Vanlalngbaka

Coaches — Joseph Lalsiama & Lalhmangaihsangi

Referee — Joseph Thansanga

3. **All India Inter Regional SAI Taekwondo Championship at Kolam during 6-8.9.2008**

1. Rosangpuia — Gold

2. Lalchhanhima — Silver

3. Lalremruati — Silver

4. Lalrinfela — Bronze

5. Vanlaltluanga — Bronze

6. Sanjeev Chhetri — Bronze

7. Laltlanmawia — Bronze

8. Lalmuanpui — Bronze



9. Malsawmsangi — Bronze

**Officials –**

Coach — Siambijoy

4. **26<sup>th</sup> National Senior Taekwondo Championship at Jalandhar, Punjab during 17-19.10.2008**

1. C. Lalzuitluanga Light — Silver

2. Lalhumliani Middle — Bronze

3. Lalremkimi Bantam — Bronze

**Officials –**

Managers — VL Sawma & R. Vanlalnghaka

Coaches — Joseph Thansanga & Robert Zohmangaiha

Referee — V. Lalnienga

**2009 –**

1. **5<sup>th</sup> National Open Senior & Junior Taekwondo Championship at Maharashtra during 24-30.4.2009**

1. R. Vanlalruata Bantam — Silver

2. **27<sup>th</sup> National Sub-Junior Taekwondo Championship at Vishakhapatnam during 10-12.7.2009**

1. F. Laldinpuia Super Heavy — Bronze

2. Cindy Laldinmawii Bantam — Bronze

**Officials –**

Managers — Lalduhawmsanga & Ramtharngaka

Coaches — V. Lalnienga & K. Lalparmawii

Referee — Saiengpuii Sailo

3. **All India SAI Inter-Regional Taekwondo Championship at Aizawl during 14-17.9.2009**  
**SUB-JUNIOR**

1. R. Lalbiaksangi Super Fin — Gold

2. VL Remruatpuia Super Fin — Gold

3. Rosangpuia Lt. Heavy — Gold

4. Lalrinfela Heavy — Gold

5. C. Lallianpuii Lt. Wt — Silver

6. R. Lalnunmawii Welter — Silver

7. Zion Lalrammawii Heavy — Silver

8. Lalramropuii Heavy — Silver

9. FC Jacob Super Heavy — Silver

10. Johny Zothanmawia Lt. Middle — Silver

11. C. Lawmsangzuala Fly — Silver

12. Lalthlamuanpuia Bantam — Silver

13. Laltlanmawia Welter — Silver

14. Lalthuamfamkima Middle — Silver

15. Kevin R Hmar Feather — Bronze

16. Lalsangliana Lt. Wt — Bronze

17. S. Malsawmtluanga Lt. Heavy — Bronze

**JUNIOR**

1. T. Thangneihkimi Fin — Gold

2. Linda Lalchungnungi Bantam — Gold

3. Hilda Hmingthanmawii Heavy — Gold

4. Lalramdinthara Feather — Gold

5.	V. Lalrinhlua	Heavy	— Gold
6.	C. Lalremruata	Middle	— Silver
7.	Johny VL Ruatsanga	Welter	— Silver
8.	Lalremruati	Feather	— Silver
9.	F. Lalmuansangi	Lt. Heavy	— Silver
10.	Lalmuanpuii Ralte	Fly	— Silver
11.	Arjun Pande	Fly	— Bronze

#### SENIOR

1.	Lallawmkimi	Fin	— Gold
2.	F. Lalrempuii	Middle	— Gold
3.	C. Lalrochhara	Middle	— Gold
4.	C. Malsawmtluanga	Fly	— Silver

#### Officials –

Coach — R. Vanlalnghaka

#### 4. 29<sup>th</sup> National Junior Taekwondo Championship at Haryana during 10-12.11.2009

1.	H. Vanlalhriata	-73Kgs	— Gold
2.	Zainunsiami	-52 Kgs	— Silver
3.	Lallawmkimi	-46 Kgs	— Bronze

**Trophy — Best Active Participation Team (Boys) 5<sup>th</sup> Position**

#### Officials –

Managers — Joseph Lalsiama & Lalhmangaihsangi

Coaches — Robert Zohmangaiha & R. Vanlalnghaka

#### 5. National PYKKA Tournament Group-I (Taekwondo) at Chennai, Tamil Nadu during 21-25.11.2009

1.	Isaac Vanlalruatkima	-63 Kgs	— Gold
2.	Vanlalawmpuia	-51 Kgs	— Silver
3.	Lalthangliana Sailo	-68 Kgs	— Silver
4.	F. Lalhunhlua	-55 Kgs	— Bronze
5.	Lalzamliani	-55 Kgs	— Bronze
6.	Lalzarchhungi	-49 Kgs	— Bronze

**Trophy — Mens Runners Up Team**

#### Officials –

Coach — PC Lalbiaksiana

#### 2010 –

#### 1. 28<sup>th</sup> National Senior Taekwondo Championship at Bangalore, Karnataka during 8-10.1.2010

1.	Lalsangzuali	-67 Kgs	— Gold
2.	C. Lalrochhara	+87 Kgs	— Bronze

#### Officials –

Managers — VL Sawma & Moses Lalsangzuala

Coaches — Joseph Thansanga & R. Vanlalnghaka

#### 2. 4<sup>th</sup> National Taekwondo Poomsae Championship at Surat, Gujarat during 13-15.5.2010 Junior Boys & Girls —

1.	<b>Junior Pair</b>		
	F. Lalhunhlua & T. Thangneihkimi		— Gold
2.	<b>Junior Individual (Boys)</b>		— Silver
	F. Lalhunhlua		

3. **Junior Individual (Girls)**
  1. Linda Lalchungnungi — Silver
4. **Junior Team (Boys)** — Bronze
  1. H. Vanlalhriata, Arjun Pandey & PC VL Remthanga
5. **Trophy** — **Team Champion**

**Senior Men & Women —**

1. **Senior Pair** — Silver
  1. Lalruatkima & R Lalhlimpuii
2. **Senior Team (Men)** — Silver
  1. Lalruatkima, Isaac Lalrindika & C. Vanlalhuma
3. **Senior Individual (Men)**
  1. Lalruatkima — Bronze
4. **Senior Individual (Women)**
  1. R. Lalhlimpuii — Bronze
5. **Trophy** — Runners Up Team

**Officials –**

- |         |                   |
|---------|-------------------|
| Manager | — Joseph Lalsiama |
| Coach   | — Lalmangaihsangi |

**1<sup>st</sup> Master– Men (41 Yrs Above) Individual (Men)**

1. F. Laltanpuia — Silver

**Officials –**

- |         |                    |
|---------|--------------------|
| Manager | — Joseph Thansanga |
| Coach   | — V. Lalnienga     |

3. **28<sup>th</sup> National Sub–Junior Taekwondo Championship at Guwahati, Assam during 28-30.8.2010**

1. Ningsianlawm -22 Kgs — Silver
2. Laltlanmawia -41 Kgs — Silver
3. PB Laldingliani -41 Kgs — Bronze
4. C. Lalpeksanga -35 Kgs — Bronze
5. PMS Dawngliana -50 Kgs — Bronze

**Officials –**

- |          |                                    |
|----------|------------------------------------|
| Managers | — F. Thangtinliana & F. Laltanpuia |
| Coaches  | — Joseph Lalsiama & K. Lalparmawii |

4. **29<sup>th</sup> National Senior Taekwondo Championship at Bilaspur, Chhatisgarh during 20- 22.10.2010**

1. Vanlalruata -58 Kgs — Silver
2. C. Lalzuitluanga -74 Kgs — Silver
3. F. Lalrempuii -67 Kgs — Silver

**Officials –**

- |         |                                  |
|---------|----------------------------------|
| Manager | — Lalmangaihsangi & VL Sawma     |
| Coaches | — R. Vanlalnghaka & V. Lalnienga |

5. **30<sup>th</sup> National Junior Taekwondo Championship at Jaipur, Rajasthan during 27-29.12.2010**

1. F. Lalrempuii -68 Kgs — Gold

- |    |                       |         |          |
|----|-----------------------|---------|----------|
| 2. | Johny Vanlalruatsanga | -63 Kgs | — Silver |
| 3. | Arjun Pandey          | -51 Kgs | — Bronze |

**Officials –**

Coach — R. Vanlalnghaka

**2011 –**

1. **2<sup>nd</sup> National Inter-Zonal Taekwondo Championship & National Inter-Zonal Poomsae Taekwondo Championship–2011 at Bangalore, Karnataka during 12-13.1.2011**

- |    |                                     |  |          |
|----|-------------------------------------|--|----------|
| 1. | <b>Poomsae (Pair-2)</b>             |  | — Gold   |
|    | 1. Lalruatkima & T. Thangneihkimi   |  |          |
| 2. | <b>Poomsae (Team-2)</b>             |  | — Gold   |
|    | 1. Lalruatkima                      |  |          |
|    | 2. F. Lalhunlua                     |  |          |
|    | 3. R. Lalchhandama                  |  |          |
| 3. | <b>Poomsae (Team-1)</b>             |  | — Gold   |
|    | 1. Rosalyn Lianhmingthangi          |  |          |
|    | 2. R. Lalhlimpuii                   |  |          |
|    | 3. T. Thangneihkimi                 |  |          |
| 4. | <b>Poomsae (Team - 1)</b>           |  | — Silver |
|    | 1. F. Laldinpuia                    |  |          |
|    | 2. Ramtharngaha                     |  |          |
|    | 3. Isaac Lalrindika                 |  |          |
| 5. | <b>Poomsae (Pair - 1)</b>           |  | — Bronze |
|    | 1. R. Lalchhandama & R. Lalhlimpuii |  |          |
| 6. | <b>Poomsae Individual</b>           |  |          |
|    | 1. Lalruatkima                      |  | — Silver |

**Officials –**

Manager — Vanlalsawma  
Coach — Joseph Thansanga

**Kyorugi—**

**Junior —**

- |    |                      |         |          |
|----|----------------------|---------|----------|
| 1. | FC Jacob Laldinthara | -55 Kgs | — Gold   |
| 2. | Rosangpuia           | -48 Kgs | — Silver |
| 3. | PC VL Remtluanga     | -55 Kgs | — Bronze |

**Senior —**

- |    |                   |         |          |
|----|-------------------|---------|----------|
| 1. | C. Malsawmtluanga | -63 Kgs | — Silver |
| 2. | C. Vanlalhuma     | -80 Kgs | — Silver |

**Officials –**

Managers — Zainunsiami & Lallawmkimi  
Coaches — R. Vanlalnghaka & V. Lalnienga

2. **National Level PYKKA Taekwondo Championship –2011 at Srikakulam, Andhra Pradesh during 8-11.2.2011**

- |    |             |           |        |
|----|-------------|-----------|--------|
| 1. | Lalruatkimi | 44-47 Kgs | — Gold |
| 2. | FC Jacob    | 48-51 Kgs | — Gold |

3. R. Lalbiakhlua 51-55 Kgs — Gold  
**Official** –  
 Coach — PC Lalbiakmawia

3. **31<sup>st</sup> National Junior Taekwondo Championship at Ranchi, Jharkhand during 26-28.8.2011**

1. Johny Vanlalruatsanga -63 Kgs — Gold  
 2. F. Lalrempuii -68 Kgs — Gold

**Officials** –

Manager — Lalruatkima  
 Coaches — R. Vanlalnghaka & C. Malsawmthanga

**2012** –

1. **4<sup>th</sup> National Level Rural PYKKA Taekwondo Championship at Kolkata, W. Bengal during 4-6.1.2012**

1. Lalruatkimi 47-51 Kgs — Gold  
 2. PB Laldingliani -44 Kgs — Silver  
 3. Zoramawii +55 Kgs — Bronze  
 4. Malsawmtluanga 48-51 Kgs — Bronze

**Officials** –

Manager — Micky C. Lalfakzuala  
 Coach — PC Lalbiakmawia

2. **National School Games at Guwahati, Assam during 2-5.2.2012**

1. Peter Malsawmtluanga 38-41 Kgs — Silver  
 2. S. Malsawmtluanga 52-56 Kgs — Silver  
 3. K. Lalruatfeli 38-41 Kgs — Bronze

**Officials** –

Managers — Lalbiaksanga (PET) & Lalremliani (PET)  
 Coach — R. Vanlalnghaka

3. **30<sup>th</sup> National Senior Taekwondo Championship at N. Delhi during 15-18.2.2012**

1. Vanlalruata -58 Kgs — Silver

**Officials** –

Coach — Robert Zohmangaiha

4. **5<sup>th</sup> National Taekwondo Poomsae Championship at Nehru Stadium, Guwahati during 6-7.4.2012 Junior (14–17 Yrs)**

**Female (Individual)**

1. Linda Lalchungnungi — Silver

**Junior Pair**

FC Jacob Laldinthara & Linda Lalchungnungi — Gold

**Senior (under–29 Yrs) Pair**

R. Lalchhanhima & T Thangneihkimi — Gold

**Group**

1. Lalruatkima  
 2. F. Lalhunlua  
 3. Arjun Pandey — Gold

**Individual–**

- |    |                   |          |
|----|-------------------|----------|
| 1. | T. Thangngeihkimi | — Silver |
| 2. | Lalruatkima       | — Bronze |

**Trophy–**

- |    |                              |          |
|----|------------------------------|----------|
| 1. | Senior Overall Team Champion | — Silver |
| 2. | Women’s Team 2nd Place       |          |
| 3. | Men’s Team 3rd Place         |          |

**Officials –**

- |          |                                       |
|----------|---------------------------------------|
| Managers | — VL Sawma & Remlalthlimpuia          |
| Coaches  | — Joseph Thansanga & Lalhmangaihsangi |

5. **All India SAI Inter Regional Taekwondo Championship at Imphal, Manipur during 29-30.9.2012**

**Senior–**

- |    |                       |         |          |
|----|-----------------------|---------|----------|
| 1. | F. Lalmuansangi       | -63 Kgs | — Gold   |
| 2. | F. Lalrempuii         | -67 Kgs | — Silver |
| 3. | Johny Vanlalruatsanga | -68 Kgs | — Silver |

6. **32<sup>nd</sup> National Junior Taekwondo Championship held at Naharlagun, Arunachal Pradesh during 18-21.11.2012**

- |    |                       |         |          |
|----|-----------------------|---------|----------|
| 1. | Johny Vanlalruatsanga | -63 Kgs | — Gold   |
| 2. | F. Lalhunlua          | -59 Kgs | — Bronze |
| 3. | FC Jacob Laldinthara  | -51 Kgs | — Bronze |
| 4. | PMS Dawngliana        | -48 Kgs | — Bronze |
| 5. | K. Lalngaihawmi       | -59 Kgs | — Bronze |
| 6. | Lianthangpuii         | -49 Kgs | — Bronze |

**Trophy – Best Fighting Spirit Team (Men) 4<sup>th</sup> Place****Officials –**

- |          |  |
|----------|--|
| Managers | — F. Thangtinliana & K. Lalmuanpuia    |
| Coaches  | — R. Vanlalnghaka & Angela Lalremruati |

7. **31<sup>st</sup> National Senior Taekwondo Championship at Patna, Bihar during 25-27.12.2012**

- |    |                       |         |          |
|----|-----------------------|---------|----------|
| 1. | F. Lalrempuii         | -63 Kgs | — Gold   |
| 2. | Johny Vanlalruatsanga | -68 Kgs | — Bronze |

**Officials –**

- |         |   |
|---------|---|
| Manager | — F. Thangtinliana & Angela Lalremruati |
| Coaches | — PC VL Remtluanga                      |

8. **5<sup>th</sup> National Level Rural PYKKA Competition 2012–13 Group-I (Taekwondo) at Thiruvananthapuram, Kerala during 27-30.12.2012**

- |    |                   |         |          |
|----|-------------------|---------|----------|
| 1. | Zoramsanga        | -63 Kgs | — Gold   |
| 2. | PMS Dawngliana    | -55 Kgs | — Silver |
| 3. | K. Lalrinpuii     | -58 Kgs | — Bronze |
| 4. | Vanlalfela        | -58 Kgs | — Bronze |
| 5. | Fabian Lalduhawma | -63 Kgs | — Bronze |
| 6. | Vanlaltluanga     | -65 Kgs | — Bronze |

**Officials –**

- |         |                      |
|---------|----------------------|
| Manager | — V. Lalnienga       |
| Coach   | — Lalhangliana Sailo |

**2013 —**

**1. 55<sup>th</sup> National School Games at New Delhi during 2-5.1.2013 Under-17**

- |    |             |         |          |
|----|-------------|---------|----------|
| 1. | Medalsanga  | -60 Kgs | — Silver |
| 2. | Lalruatkimi | -56 Kgs | — Silver |

**Officials –**

- |         |                  |
|---------|------------------|
| Manager | — H. Sanglura    |
| Coach   | — K. Lalparmawii |

**2. National Taekwondo Championship for Medalist-2013 (Qualifying Tournament for 2nd Indian Open) at Bhopal, Madhya Pradesh during 18-24.1.2013**

**Poomsae –**

- |    |                     |                   |          |
|----|---------------------|-------------------|----------|
| 1. | Lalruatkima         | Senior Individual | — Silver |
| 2. | Linda Lalchungnungi | Senior Individual | — Silver |
| 3. | T. Thangneihkimi    | Senior Individual | — Bronze |

**Senior Mix Pair**

- |    |                  |  |          |
|----|------------------|--|----------|
| 1. | Isaac Lalrindika |  | — Silver |
| 2. | T. Thangneihkimi |  |          |

**Senior Male Group**

- |    |                 |  |        |
|----|-----------------|--|--------|
| 1. | Lalruatkima     |  | — Gold |
| 2. | R. Lalchhandama |  |        |
| 3. | F. Lalhunlua    |  |        |

**Senior Female Group**

- |    |                     |  |        |
|----|---------------------|--|--------|
| 1. | Linda Lalchungnungi |  | — Gold |
| 2. | T. Thangneihkimi    |  |        |
| 3. | R. Lahlimpuii       |  |        |

**Kyoruegi Team**

- |    |                       |              |          |
|----|-----------------------|--------------|----------|
| 1. | F. Lalrempuii         | -67 Kgs (Sr) | — Gold   |
| 2. | Johny Vanlalruatsanga | -63 Kgs (Jr) | — Gold   |
| 3. | K Lalngaihawmi        | -59 Kgs (Jr) | — Gold   |
| 4. | PMS Dawngliana        | -48 Kgs (Jr) | — Bronze |
| 5. | Liangthangpuii        | -49 Kgs (Jr) | — Bronze |

**Officials –**

- |       |                 |
|-------|-----------------|
| Coach | — F. Laltanpuia |
|-------|-----------------|

**3. 4<sup>th</sup> All India Inter University Taekwondo Championship at Chandigarh, Punjab during 18-21.1.2013**

- |    |                     |         |          |
|----|---------------------|---------|----------|
| 1. | Lalthangliana Sailo | -68 Kgs | — Bronze |
|----|---------------------|---------|----------|

**Officials –**

- |         |                    |
|---------|--------------------|
| Manager | — Lalhmangaihsangi |
| Coach   | — Remlahlimpuia    |

**4. 31<sup>st</sup> National Sub-Junior Taekwondo Championship-2013 & 6<sup>th</sup> National Sub-Junior Poomsae Championship-2013 at Pune, Maharashtra during 30.8-1.9.2013**

**Poomsae (Pair)**

- |    |   |  |        |
|----|---|--|--------|
| 1. | Catherine Lalhruiitluangi & ZH Laltlanmawia |  | — Gold |
|----|---|--|--------|

**Individual**

- |    |               |         |          |
|----|---------------|---------|----------|
| 2. | Kaplianzawni  | -47 Kgs | — Silver |
| 3. | Zohmingthanga | -44 Kgs | — Bronze |

**Officials –**

- |          |   |
|----------|---|
| Managers | — Lalhmunsanga & Lalhlimpaia            |
| Coaches  | — R. Lalchhandama, Arjun Pandey & Betsy |

5. **31<sup>st</sup> National Senior Taekwondo Championship 2013 at Imphal, Manipur during 20-22.9.2013 & 6<sup>th</sup> National Senior Poomsae Taekwondo Championship 2013 at Imphal, Manipur during 20-22.9.2013**

- |    |                 |         |          |
|----|-----------------|---------|----------|
| 1. | F. Lalrempuii   | -67 Kgs | — Gold   |
| 2. | K. Lalngaihawmi | -57 Kgs | — Bronze |
| 3. | F. Lalmuansangi | -62 Kgs | — Bronze |

**Poomsae U-29 Yrs Male Group**

— Gold

- |    |  |
|----|--|
| 1. | Lalruatkima, R. Lalchhandama & F. Lalhunhlua |
|----|--|

**Poomsae U-29 Yrs Female Group**

— Gold

- |    |   |
|----|---|
| 1. | T. Thangneihkimi, Linda Lalchungnungi & Lalhlimpuii |
|----|---|

**U-29 Yrs Male Individual**

- |    |             |          |
|----|-------------|----------|
| 1. | Lalruatkima | — Silver |
|----|-------------|----------|

**U-29 Yrs Female Individual**

- |    |                  |          |
|----|------------------|----------|
| 1. | T. Thangneihkimi | — Bronze |
|----|------------------|----------|

**U-29 Yrs Pair**

— Bronze

- |    |                                       |
|----|---------------------------------------|
| 5. | R. Lalchhandama & Linda Lalchungnungi |
|----|---------------------------------------|

**Officials –**

- |                 |  |
|-----------------|--|
| Managers        | — F. Laltanpuia & F. Thangtinliana                     |
| Coach           | — H. Malsawma  |
| Tech. Officials | — Joseph Thansanga, Moses Lalsangzuala & Remlahlhimpua |

6. **33<sup>rd</sup> National Junior Taekwondo Championship & 6<sup>th</sup> National Junior Poomsae Championship at Puduchery during 18-26.10.2013**

- |    |          |          |
|----|----------|----------|
| 1. | FC Jacob | — Bronze |
|----|----------|----------|

**Officials –**

- |                   |               |
|-------------------|---------------|
| Manager           | — Rotea       |
| Coach-cum-Referee | — Lalmuanawma |

**2014 –**

1. **6<sup>th</sup> Swami Vivekananda PYKKA National Level Rural Competition 2013-2014 Group-I under PYKKA at Mahabubnagar (Andhra Pradesh) from January, 7-10, 2014**

- |    |                  |         |          |
|----|------------------|---------|----------|
| 1. | Alan Lalruatfela | -51 Kgs | — Silver |
| 2. | Lalliankimi      | -47 Kgs | — Silver |
| 3. | K Lalrinpuui     | -51 Kgs | — Bronze |

**Officials –**

- |                                   |
|-----------------------------------|
| Arjun Pandey & Lalchhanhimi Varte |
|-----------------------------------|



2. **32<sup>nd</sup> National Sub-Junior & 1st National Cadet (Poomsae & Kyorugi) Taekwondo Championship at Kurukshetra, Haryana during 5-8.6.2014**

**Kyorugi (Cadet)—**

1.	Kaplian Zawni	-47 Kgs	— Gold
2.	Lianthangpuii	-51 Kgs	— Gold
3.	K. Lalrinpuii	-55 Kgs	— Gold
4.	Lalinpuia	-53 Kgs	— Gold
5.	PB Lalhuapzauva	-41 Kgs	— Silver
6.	Alan Lalruatfela	-57 Kgs	— Bronze
7.	Lallawmzuali	-37 Kgs	— Bronze
8.	Lalliankimi	-44 Kgs	— Bronze

**Poomsae —**

1.	Lalronghaki & Simon Lalrinchhana	Sub-Jr. Pair	— Gold
2.	Catherine Lalhrulaitluangi, Goldie Malsawmkimi & Laldingliani	Cadet Group (Girls)	— Silver
3.	Lalfakzuala, V Zosangpuia & ZH Laltlanmawia	Cadet Group (Boys)	— Silver
4.	Lalronghaki	Sub-Jr (Individual)	— Bronze
5.	Simon Lalrinchhana	Sub-Jr (Individual)	— Bronze
6.	ZH Laltlanmawia & Catherine Lalhrulaitluangi	Cadet Pair	— Bronze

**Officials —**

Managers	— C. Vanlalhuma & C. Malsawmtluanga
Coaches	— R. Lalchandama & Arjun Pandey

3. **33<sup>rd</sup> National Senior Kyorugi & 7<sup>th</sup> National Senior Poomsae Taekwondo Championship at Jaipur, Rajasthan during 2-5.9.2014**

**Poomsae Under 40 Yrs.—**

1.	Lahlimpuii	— Gold
----	------------	--------

**Poomsae Under 30Yrs.—**

1.	Linda Lalchungnungi	— Gold
2.	Lalruatkima	— Silver

**Poomsae Pair—**

1.	Lalruatkima & T Thangneihkimi	— Gold
----	-------------------------------	--------

**Poomsae Group**

		— Gold
1.	Lahlimpuii	
2.	Linda Lalchungnungi	
3.	Lahlimpuii	

**Poomsae Under 67 Kgs—**

1.	F. Lalrempuii	— Silver
----	---------------	----------

**Male Group**

		— Bronze
1.	C. Malsawmtluanga	
2.	Arjun Pandey	
3.	Isaac Lalrindika	

**Officials —**

Managers	— Rosangpuii Hmar & Lalmalsawma
Coaches	— Joseph Thansanga & Moses Lalsangzuala

**2015 —**

**1. National Rural Competition 2014-15 (Group-I) Under RGKA at Gandhi Nagar, Gujarat during 22-24.1.2015**

- |    |                     |          |
|----|---------------------|----------|
| 1. | Lalfamkima          | — Gold   |
| 2. | Anthony Lalmuanpuia | — Bronze |
| 3. | F. Lalremruatpuii   | — Bronze |
| 4. | Ruthi Lalneihhlui   | — Bronze |

**Officials —**

Arjun Pandey & Angela Lalremruati

**2. 35<sup>th</sup> National Games 2015 at Kerala during 30.1-14.2.2015**

- |    |                 |         |          |
|----|-----------------|---------|----------|
| 1. | F. Lalrempuii   | -68 Kgs | — Silver |
| 2. | Lalngaihawmi    | -62 Kgs | — Bronze |
| 3. | F. Lalmuansangi | -57 Kgs | — Bronze |
| 4. | Kaplianazawni   | -46 Kgs | — Bronze |

**Officials —**

Manager — Vanlalsawma

Coach — PC Lalbiakmawia

**3. 34<sup>th</sup> National Junior Taekwondo Championship & 7<sup>th</sup> National Junior Poomsae Taekwondo Championship at Visakhapatnam, Andhra Pradesh during 27-30.2.2015**

**KYORUGI -**

- |    |                   |         |          |
|----|-------------------|---------|----------|
| 1. | Naom Lalbiakpuii  | -59 Kgs | — Silver |
| 2. | Ruthi Lalneihhlui | -55 Kgs | — Bronze |
| 3. | Zohmingthanga     | -45 Kgs | — Bronze |

**POOMSAE -**

- |    |                                 |                   |          |
|----|---------------------------------|-------------------|----------|
| 1. | Naom Lalbiakpuii                | Female Individual | — Bronze |
| 2. | Lalinpuia                       | Male Individual   | — Bronze |
| 3. | Naom Lalbiakpuii<br>& Lalinpuia | Pair              | — Bronze |

**Officials —**

Manager — Arjun Pandey

Technical Official — Joseph Lalsiama

**4. 35<sup>th</sup> National Junior & Senior Taekwondo Championship at Cuttack, Odisha during 16-18.12.2015**

- |    |                   |              |          |
|----|-------------------|--------------|----------|
| 1. | F. Lalrempuii     | Sr. U-67 Kgs | — Gold   |
| 2. | Zohmingthanga     | Jr. U-45 Kgs | — Silver |
| 3. | Naom Lalbiakpuii  | Jr. U-59 Kgs | — Silver |
| 4. | F. Lalmuansangi   | Sr. U-57 Kgs | — Bronze |
| 5. | Kaplianazawni     | Jr. U-46 Kgs | — Bronze |
| 6. | Ruthi Lalneihhlui | Jr. U-55 Kgs | — Bronze |
| 7. | Zonunthari        | Jr. U-44 Kgs | — Bronze |
| 8. | Ramdinmawii       | Jr. U-68 Kgs | — Bronze |

**Officials —**

Coaches — Joseph Lalsiama & Suman Kumar

**2016 —****1. National Level Rural Sports Competitions under RGKA (Gr-I) held at Gudivada, Andhra Pradesh during 9-12.01.2016**

1.	Zonunthari	-44 Kgs	— Silver
2.	Lalnuntluangi	47-51 Kgs	— Bronze
3.	Lalnunkimi	44-47 Kgs	— Bronze
4.	PC Lalmuanawma	59-63 Kgs	— Bronze
5.	Anthony Lalmuanpuia	-48 Kgs	— Bronze

**Officials –**

James Zosangliana &amp; Lalchhanhimi Varte

**2. 36<sup>th</sup> National Junior Kyorugi Taekwondo Championship & 9<sup>th</sup> National Junior Taekwondo Championship 2016 at Ludhiana, Punjab during 22-25.9.2016****Kyorugi**

1.	Kaplianawni	-49 Kgs	— Bronze
2.	K. Lalrinpuui	-55 Kgs	— Bronze

**Poomsae Team Boys**

1.	Daniel Lalhumthanga		— Silver
2.	R. Lalremruata		
3.	Lalthlamuanpuia		

**Poomsae Team Girls**

1.	Catherine Lalhruiitluangi		— Silver
2.	Mercy K Zorinpuui		
3.	Lianthangpuui		

**Poomsae Pair**

1.	Daniel Lalhumthanga & Catherine Lalhruiitluangi		— Bronze
----	---	--	----------

**Poomsae Individual**

1.	Catherine Lalhruiitluangi		— Bronze
----	---------------------------	--	----------

**Officials –**

Manager	— Arjun Pandey
Coaches	— R. Lalchandama (Poomsae) Joseph Lalsiama (Kyorugi)

**2017 —****1. 35<sup>th</sup> National Senior Kyorugi & Poomsae Taekwondo Championship at Vishakhapatnam during 17-19.2.2017**

1.	R. Lalchandama & Lalhlmpuui	Poomsae Mixed Pair Over 30 yrs.	— Gold
2.	Vikas	-87 Kgs	— Silver
3.	Catherine Lalhruiitluangi & Daniel Lalhumthanga	Poomsae Mixed Pair Over 30 yrs.	— Silver
4.	F. Lalrempuui	-67 Kgs	— Silver
5.	Lalramdinthara	-58 Kgs	— Bronze
6.	Jitender Kumar	-67 Kgs	— Bronze
7.	Lalhlmpuui	Poomsae Individual Over 30 yrs.	— Bronze

- |    |  |                                 |          |
|----|--|---------------------------------|----------|
| 8. | Catherine Lalhmangaihthangi &<br>Lianthangpuii | Poomsae Team Under 30 Yrs.      | — Bronze |
| 9. | Lalthlamuanpuia                                | Poomsae Individual Over 30 yrs. | — Bronze |

**Officials –**

- |              |                                     |
|--------------|-------------------------------------|
| Head of Team | — Joseph Thansanga                  |
| Manager      | — Laltanpuia                        |
| Coaches      | — R. Lalchhandama & Joseph Lalsiama |

2. **3<sup>rd</sup> Bhutan International Taekwondo Championship at Thimphu, Bhutan during 26-28.5.2017**

**Senior Kyorugi**

- |    |                       |         |          |
|----|-----------------------|---------|----------|
| 1. | Joseph Zodinthara     | -42 Kgs | — Gold   |
| 2. | Lalinpuia             | -56 Kgs | — Gold   |
| 3. | Johny Vanlalruatsanga | -72 Kgs | — Gold   |
| 4. | Kaplianzawni          | -52 Kgs | — Gold   |
| 5. | B. Malsawmzuala       | -60 Kgs | — Silver |
| 6. | F. Lalrempuii         | -68 Kgs | — Silver |
| 7. | Lalsangzuali          | -72 Kgs | — Bronze |
| 8. | Saiengpuii Sailo      | +72 Kgs | — Bronze |

**Junior Kyorugi**

- |    |                           |         |          |
|----|---------------------------|---------|----------|
| 1. | Lucy Lalthazuali          | -41 Kgs | — Silver |
| 2. | Lalnunkimi                | -49 Kgs | — Silver |
| 3. | Jonathan F. Lalhmingmawia | -34 Kgs | — Bronze |

**Individual Male Poomsae**

- |    |                    |                     |          |
|----|--------------------|---------------------|----------|
| 1. | Lalthlamuanpuia    | Junior Under 19Yrs. | — Gold   |
| 2. | R. Lalchhandama    | Senior Under 39Yrs. | — Silver |
| 3. | Dominic Rozamliana | Senior Under 29Yrs. | — Bronze |

**Individual Female Poomsae**

- |    |                    |                     |          |
|----|--------------------|---------------------|----------|
| 1. | Pansy Rampanzeli   | Junior Under 10Yrs. | — Gold   |
| 2. | Lianthangpuii      | Junior Under 19Yrs. | — Gold   |
| 3. | Lalhlimpuii        | Senior Under 39Yrs. | — Gold   |
| 4. | LalronghakiJunior  | Under 15Yrs.        | — Silver |
| 5. | Angela Lalremruati | Senior Under 29Yrs. | — Silver |

**Mix Pair Poomsae**

- |    |  |                     |          |
|----|--|---------------------|----------|
| 1. | Daniel Lalhumthanga<br>& Lianthangpuii | Junior Under 15Yrs. | — Gold   |
| 2. | R. Lalchhandama<br>& Lalhlimpuii       | Senior Under 39Yrs. | — Gold   |
| 3. | Ramdinliana<br>& Lalronghaki           | Junior Under 15Yrs. | — Silver |
| 4. | Arjun Pandey<br>& Angela Lalremruati   | Senior Under 29Yrs. | — Bronze |

**Team Poomsae**

- |    |   |        |
|----|---|--------|
| 1. | <b>Male Junior Under 19Yrs.</b><br>Lalthlamuanpuia, Daniel Lalhumthanga & Lalfakzuala | — Gold |
|----|---|--------|

2. **Male Senior Under 39Yrs.** — Gold  
R. Lalchhandama, Joseph Lalsiama & C. Vanlalhuma
3. **Female Junior Under 15Yrs.** — Gold  
Pansy Rampanzeli, Vanmalsawmi & Lalronghaki
4. **Male Senior Under 29Yrs.** — Silver  
Arjun Pandey, Dominic Rozamliaana & Remlalhlimpua
- Official—**  
 Manager — R. Lalrinmawia  
 Coach — R. Lalchhandama & Joseph Lalsiama
3. **All India Inter SAI-Korean Ambassador's Cup at N. Delhi during 25-28.5.2017**
1. Jenet Zothansangi Cadet -37 Kgs. — Silver  
 2. F. Lalrokima -41 Kgs — Bronze  
 3. PC Lalmuanawma -68 Kgs — Bronze  
 4. Ramdinmawii -68 Kgs — Bronze
4. **3<sup>rd</sup> National Cadet Kyorugi & Poomsae Taekwondo Championship at Bhubaneswar, Odisha during 21–23.7.2017**
1. F. Lalrokima -41 Kgs — Gold  
 2. Lalnunkimi -51 Kgs — Silver  
 3. Lalramthanga -45 Kgs — Bronze
4. **Mix Pair Poomsae** — Bronze  
Lalronghaki & Samuel Lalfakzuala
5. **Boys Poomsae Team** — Bronze  
ZH Lalramthansanga, Samuel Lalfakzuala & Lalramhluna
6. **Girls Poomsae Team** — Bronze  
Lalronghaki, Esther Lalhmangaihzuali & J Zothanzuali Officials -  
 Manager — Arjun Pandey  
 Coach — Joseph Lalsiama & Durjeet Singh
5. **36<sup>th</sup> National Senior Kyorugi Taekwondo Championship & National Senior Poomsae Taekwondo Championship held at Jammu during 23-26.11.2017**
- KYORUGI**
1. Vipan -87 Kgs — Silver
- REGULAR POOMSAE (WT Championship Style)**
1. Lalhlimpuii & R. Lalchhandama Pair Regu U-39 — Gold  
 2. Lalthlamuanpuia Ind. Regu U-29(M) — Gold
- GROUP REGU U-29 (M)** — Bronze
1. Lalthlamuanpuia, Lalfakzuala & Daniel Lalhumthanga
2. Lalhlimpuii Ind. Regu U-39(F) — Silver
5. R. Lalchhandama Ind. Regu U-39(M) — Bronze

6. Lianthangpuii & Daniel Lalhumthanga Pair Regu U-29 — Bronze

**GROUP REGU U-29(F)** — Bronze

1. Vanlalmangaihthangi, Lianthangpuii & Angela Lalremruati

**NEW POOMSAE (For Asian Games & Olympic)**

1. Dominic Rozamliana Ind. New Poomsae (F) — Gold

2. Lianthangpuii, Angela Lalremruati & Vanlalmangaihthangi Group New Poomsae (F) — Gold

3. Lianthangpuii Ind. New Poomsae(F) — Silver

4. Lianthangpuii & Dominic Rozamliana Pair New Poomsae — Silver

**GROUP NEW POOMSAE (M)** — Silver

1. Lalthlamuanpuia, Lalfakzuala & Daniel Lalhumthanga

**FREESTYLE POOMSAE (WT Championship Style)**

1. Dominic Rozamliana Ind. Freestyle Poomsae (M) — Gold

2. Angela Lalremruati & Dominic Rozamliana Pair Freestyle Poomsae — Gold

**GROUP FREESTYLE POOMSAE** — Gold

1. Vanlalmangaihthangi, Angela Lalremruati, Daniel Lalhumthang, Lalthlamuanpuia & Dominic Rozamliana

2. Angela Lalremruati Ind. Freestyle Poomsae (F) — Silver

**Officials –**

Manager — Joseph Thansanga

Coaches — R Lalchhandama & Joseph Lalsiama

6. **37<sup>th</sup> National Junior Taekwondo Championship held at Dharwad, Karnataka during 8-10.11.2017**

1. Naisianmuani Under 46 Kgs — Gold

2. B. Malsawmzuala Under 59 Kgs — Bronze

3. Vanlalmawipuia Under 63 Kgs — Bronze

4. Dominic Lalmuanpuia Under 68 Kgs — Bronze

7. **34<sup>th</sup> National Sub-Junior Kyorugi & 8<sup>th</sup> National Poomsae Taekwondo Championship at Dharwad, Karnataka during 8-10.12.2017**

**SUB-JUNIOR KYORUGI**

1. Eddie Lalruatsanga Under 44 Kgs — Gold

2. Vanlalruati Under 47 Kgs — Silver

3. Jonathan F Lalhmingmawia Under 35 Kgs — Silver

**SUB-JUNIOR POOMSAE** — Gold

1. Ramdinliana & Pansy Rampanzeli

**MIX PAIR** — Gold

1. Simon Lalrinchhana & Pansy Rampanzeli

**BOYS TEAM** — Gold

1. Ramdinliana, Joseph Vanlalpekhlua & Simon Lalrinchhana

**GIRLS TEAM** — Silver

1. Vanmalsawmi, Deborah R. Lalhmingmawii & Pansy Rampanzeli

**TROPHY** — **Poomsae Team Champion**

**Officials –**

Manager — Teresa Lalhruitluangi

Coaches — Lalremruata & Arjun Pandey

**2018 –**

1. **1<sup>st</sup> National Open Poomsae Taekwondo Championship at Cuttack, Odisha during 24-25.1.2018**

1. Pansy Rampanzeli Sub.Jr. Individual — Gold

2. Vanlalthlamuanpuii Sub.Jr. Individual — Gold

**Mix Pair**

1. Ramdinliana & Pansy Rampanzeli — Gold

**Sub. Jr. Group** — Gold

1. Pansy Rampanzeli, Vanlalthlamuanpuii, Vanmalsawmi

2. Ramdinliana Cadet Individual — Gold

6. Lalremruati Cadet Individual — Gold

7. Robert Laltluangkima Senior Individual — Silver

8. Vanmalsawmi Sub. Junior Individual — Silver

**Officials –**

Managers — C. Lalmangaihzuai, Lalruattluangi

Coaches — Robert Laltluangkima, R. Lalchhandama

2. **Goodwill Open National Taekwondo Championship at Amguri, Assam during 29-30.4.2018**

**POOMSAE**

**SUB-JUNIOR GIRLS INDIVIDUAL**

1. Pansy Rampanzeli Individual — Gold

2. Vanmalsawmi Individual — Bronze

3. Vanlalthlamuanpuii Individual — Bronze

**SUB-JUNIOR BOYS INDIVIDUAL**

1. V. Vanengmawia Individual — Silver

2. V. Malsawmtluanga Individual — Bronze

**SUB-JUNIOR PAIR**

1. V. Vanengmawia & Pansy Rampanzeli — Gold

2. Vanmalsawmi & Malsawmtluanga Sailo — Silver

3. Vanlalthlamuanpuii & V. Malsawmtluanga — Bronze

**SUB-JUNIOR TEAM**

1. Pansy Rampanzeli, Vanmalsawmi & Vanlalthlamuanpuii — Gold

2. V. Vanengmawia, V. Malsawmtluanga & Malsawmtluanga Sailo — Gold

**CADET GIRLS INDIVIDUAL**

1. Lalremruati Individual — Gold

2. J. Zothanzuali Individual — Silver

**CADET BOYS INDIVIDUAL**

1. Lalbiakhlua — Gold
2. Ramdiniana — Silver
3. R. Lalmalsawma — Bronze

**CADET PAIR**

1. Ramdiniana & Lalremruati — Gold
2. J. Lalthanzuali & R. Lalmalsawma — Silver
3. Lalbiakhlua & C. Vanlalhriatpuii — Bronze

**CADET GIRLS TEAM**

1. Lalremruati, C. Vanlalhriatpuii & J. Zothanzuali — Gold

**CADET BOYS TEAM**

1. Lalbiakhlua, Ramdiniana & R. Lalmalsawma — Gold

**JUNIOR GIRLS' INDIVIDUAL**

1. Lalthlamuankimi — Gold
2. Ngaisianmuan — Bronze
3. Rody Malsawmsangi — Bronze

**JUNIOR BOYS' INDIVIDUAL**

1. Lalzarzova — Gold
2. Felix J. Hmingthanmawia — Silver

**JUNIOR PAIR**

1. Lalzarzova & Ngaisianmuan — Gold
2. Felix Jason Hmingthanmawia & Lalthlamuankimi — Silver

**JUNIOR TEAM**

1. Felix Jason Hmingthanmawia, Lalthlamuankimi & Rody Malsawmsangi — Gold

**SENIOR WOMEN INDIVIDUAL**

1. R. Lalnundiki — Silver
2. Lalsangzuali — Bronze

**SENIOR MEN INDIVIDUAL**

1. Robert Laltluangkima — Silver

**SENIOR PAIR**

1. R. Lalnundiki & Robert Laltluangkima — Silver

**SENIOR TEAM**

1. R. Lalnundiki, Lalsangzuali & Robert Laltluangkima — Silver

**KYORUGI****INFANT**

1. V. Malsawmtluanga U-22 Kgs — Silver

**SUB-JUNIOR GIRLS**

1. Pansy Rampanzeli U-31 Kgs — Gold
2. Vanlalthlamuanpuii U-25 Kgs — Gold

**SUB-JUNIOR BOYS**

1. Ramdiniana U-37 Kgs — Silver
2. Malsawmtluanga Sailo U-25 Kgs — Bronze



**CADET GIRLS**

1.	Lalremruati	U-33 Kgs	— Gold
2.	C. Vanlalhriatpuii	U-37 Kgs	— Gold
3.	Lalremruati	+59 Kgs	— Silver

**CADET BOYS**

1.	R. Lalmalsawma	U-33 Kgs	— Gold
2.	Lalbiakhlua	U-37 Kgs	— Silver
3.	Lalzarzova	U-45 Kgs	— Bronze

**JUNIOR BOYS**

1.	Felix Jason Hmingthanmawia	U-73 Kgs	— Silver
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**JUNIOR GIRLS**

1.	Ngaisianmuan	U-46 Kgs	— Gold
2.	Rody Malsawmsangi	U-55 Kgs	— Gold

**SENIOR WOMEN**

1.	Lalsangzuali	U-77 Kgs	— Gold
2.	R. Lalnundiki	U-46 Kgs	— Bronze

3. **37<sup>th</sup> National Senior Taekwondo Championship held at Jabalpur, Madhya Pradesh during 18 – 21 September 2018**

**POOMSAE MEDALIST**

1.	Lalthlamuanpuia	Recog. Poomsae (-30 Yrs.) Indv.	— Gold
2.	Lalhlimpuii	Recog. Poomsae (+30 Yrs.) Indv.	— Gold
3.	Lalthlamuanpuia, Daniel Lalhumthanga & Lalremruata Renthlei	Recog. Poomsae (-30 Yrs.) Male Team	— Gold
4.	Lalthlamuanpuia, Daniel Lalhumthanga & Dominic Rozamliaana Khiangte	New Poomsae (-30 Yrs.) Male Team	— Gold
5.	Dominic Rozamliaana Khiangte, Free Style Poomsae (-30 Yrs.) Male Team H. Vanlalfela & Robert Laltluangkima		— Gold
6.	Dominic Rozamliaana Khiangte	Free Style Poomsae (-30 Yrs.) Indv.	— Silver
7.	Lianthangpuii, Mercy K. Zorinpuii & Catherine Lalhruiailuangi	Free Style Poomsae (-30 Yrs.) Female Team	— Silver
8.	Mercy K. Zorinpuii, Lianthangpuii & Catherin Lalhruiailuangi	New Poomsae (-30 Yrs.) Female Team	— Silver
9.	H. Vanlalfela & Lianthangpuii	Free Style Poomsae (-30 Yrs.) Mix Pair	— Silver
10.	Catherine Lalhruiailuangi	Recog. Poomsae (-30 Yrs.) Indv.	— Bronze
11.	Joseph Lalsiama & Lalhlimpuii	Recog. Poomsae (-30 Yrs.) Mix Pair	— Bronze
12.	Liangthangpuii	Free Style Poomsae (-30 Yrs.) Female Indv.	— Bronze
13.	Liangthangpuii	Recognised Poomsae (-30 Yrs.) Female Indv.	— Bronze
14.	Lalremruata & Mercy K. Zorinpui	Recog. Poomsae (-30 Yrs.) Mix Pair	— Bronze

### **KYORUGI MEDALIST**

- |    |               |          |          |
|----|---------------|----------|----------|
| 1. | C. Zoramsanga | - 54 Kgs | — Silver |
| 2. | Meenu Midhin  | - 53 Kgs | — Bronze |

### **Officials —**

- |         |                   |
|---------|-------------------|
| Manager | — Joseph Lalsiama |
| Coach   | — Arjun Pandey    |

### **2020 —**

#### **1. All India Inter University Taekwondo Championship at Punjab during 14-17.3.2020 Poomsae Individual Men Under-29**

- |    |                  |          |
|----|------------------|----------|
| 1. | Lalthlamuanapuia | — Silver |
|----|------------------|----------|

#### **2. 2020 Online Open National Poomsae Taekwondo Championship, 28<sup>th</sup> Sept.-8<sup>th</sup> Oct, 2020**

- |     |                      |                   |          |
|-----|----------------------|-------------------|----------|
| 1.  | Joshua Lalthlangdika | Kids –1 Colour    | — Gold   |
| 2.  | V. Vanengmawia       | Cadet (Colour)    | — Gold   |
| 3.  | C. Vanlalhriatpuii   | Cadet (Colour)    | — Gold   |
| 4.  | Lalremruati          | Junior (Colour)   | — Gold   |
| 5.  | Esther Lalchhanhimi  | Kids-2 (Colour)   | — Silver |
| 6.  | Pansy Rampanzeli     | Cadet (Black)     | — Silver |
| 7.  | R. Lalrohlu          | Kids-2 (Colour)   | — Bronze |
| 8.  | Arella Roluahpuii    | Kids-1 (Colour)   | — Bronze |
| 9.  | Isaak VL Hruaizela   | Kids-1 (Colour)   | — Bronze |
| 10. | Daniel Lallawmawma   | Toddlers (Colour) | — Bronze |
| 11. | R. Lalbiaknuami      | Cadet (Colour)    | — Bronze |
| 12. | Robert Laltluangkima | Under 30          | — Bronze |
| 13. | Lalhlimpuii          | Under 40          | — Bronze |

#### **3. 2020 Virtual Club Open Recognized Poomsae, Beach Poomsae & Speed kicking Championship, Goa, 11<sup>th</sup> – 14<sup>th</sup> November 2020**

##### **RECOGNISED POOMSAE**

- |     |                          |                  |          |
|-----|--------------------------|------------------|----------|
| 1.  | C.Lalchhandama           | Kid Under 11     | — Gold   |
| 2.  | Joshua Lalthlangdika     | Kid Under 11     | — Gold   |
| 3.  | Julie Lalhmachhuani      | Kid Under 11     | — Gold   |
| 4.  | Vanmalsawmi              | Kid Under 11     | — Gold   |
| 5.  | Marcus Ralte             | Under 14         | — Gold   |
| 6.  | C. Vanlalhriatpuii       | Under 14         | — Gold   |
| 7.  | Pensy Rampanzeli         | Black Belt Cadet | — Gold   |
| 8.  | Felix J. Hmingthanmawia  | Under 17         | — Gold   |
| 9.  | Paul Malsawmzela Sailo   | Under 11         | — Silver |
| 10. | R. Lalrohlu              | Kid Under 11     | — Silver |
| 11. | Deborah R. Lalhmingmawii | Black Belt Cadet | — Silver |
| 12. | R. Lalbiaknuami          | Under 14         | — Silver |
| 13. | Lalrinhlui Ralte         | Under 14         | — Bronze |
| 14. | Vanlalthlamuanpuii       | Kid Under 11     | — Bronze |
| 15. | R. Lalruatkimi           | Under 14         | — Bronze |

##### **BEACH POOMSAE –**

- |    |                    |          |          |
|----|--------------------|----------|----------|
| 1. | Vanlalthlamuanpuii | Under 17 | — Gold   |
| 2. | R. Lalbiaknuami    | Under 17 | — Silver |
| 3. | Remruatpuii        | Under 17 | — Bronze |
| 4. | Marcus Ralte       | Under 17 | — Bronze |

**SPEED KICKING –**

1.	Ramdinliani	Colour Belt Cadet	— Gold
2.	Felix J. Hmingthanmawia	Colour Belt Junior	— Gold
3.	Joseph Lalhmingmawia	Colour Belt Under 11	— Gold
4.	Ruthi Lalneihhlui	Senior Feather	— Gold
5.	Amosa Lalnunhlua	Colour Belt Under 11	— Silver
6.	R. Lalbiaknuami	Colour Belt Cadet	— Silver
7.	Vanlalthlamuanpuii	Colour Belt Under 11	— Silver
8.	Franky Vanrosema	Colour Belt Under 11	— Bronze
9.	Caleb Lalhmingmawia	Colour Belt Under 11	— Bronze

**2021 –****1. Best of the Best Online Poomsae Taekwondo Championship, 13<sup>th</sup> – 14<sup>th</sup> February 2021**

2.	Pansy Rampanzeli	Cadet Individual	— Gold
3.	Pansy Rampanzeli	Best of the Best Contest	— Silver
4.	Joseph Lalruatdika Hrahse	Pewee Individual	— Gold
5.	Ramdinliana	Cadet Individual	— Silver
6.	Joshua Lalthlangdika	Pee Wee Individual	— Gold
7.	Vanlalmalsawmdawngliana	Individual	— Gold
8.	Benjamin Lalruatdika	Sub-Junior Individual	— Gold
9.	Lalmuanpuii Khiangte	Cadet Individual	— Gold
10.	Lalmalsawma	Cadet Individual	— Gold
11.	Vanmalsawmi	Sub-Junior Individual	— Silver
12.	Remruatpuii	Individual	— Gold
13.	Vanlalthlamuanpuii	Sub-Junior Individual	— Gold
14.	Remruatmawii Sailo	Cadet Individual	— Silver
15.	Manase VL Tanpuia	Pewee Individual	— Silver
16.	Ramdinliana & Pansy Rampanzeli	Cadet Pair	— Silver
17.	Vanlalthlamuanpuii & Vanmalsawmi	Sub-Junior Pair	— Gold
18.	Lalnunhlua Hrahse	Individual	— Gold
19.	R. Lalmsalwma	Cadet Individual	— Bronze
20.	Lalruatzuali	Individual	— Gold
21.	Luke Lawmkima Halliday	Individual	— Silver
22.	Pansy Rampanzeli, Ramdinliana & R. Lalmalsawma	Cadet Team	— Gold
23.	Lalmuanpuii Khiangte & Remruatmawii	Cadet Pair	— Gold

**2. Online National Open Speed Kicking Championship 2021, 15–17 February 2021, Mumbai**

1.	Julie Lalmachhuani	Junior CB Under 63kg	— Gold
2.	John Mofaz Lalmuanpuia	Junior CB Under 78kg	— Gold
3.	Esther Lalchhanhimi	Sub-Jr. CB Under 18kg	— Gold
4.	Lalrinpuii	Sub-Jr. CB Under 41kg	— Gold
5.	R. Lalrohlu	Cadet BB Under 47Kg	— Gold
6.	Joshua Lalthlangdika	Jr. CB Under 23kg	— Silver
7.	C. Vanlalhriatpuii	Junior CB Under 52kg	— Silver
8.	Felix J.Hmingthanmawia	Senior BB Under 87kg	— Silver
9.	Lalinpuia	Sr.BB Under 68kg	— Silver

10.	R.Lalbiaknuami	Jr.BB Under 46kg	— Silver
11.	C.Lalchhandama	Sub-Jr. CB Under 32kg	— Bronze
12.	Marcus Ralte	Cadet CB. Under 41kg	— Bronze
13.	Lalruatkimi Ralte	Sub-Jr. CB Under 24kg	— Bronze

**3. Indraprasha Cup Online Open Poomsae & Speed Kicking Championship, 26– 28 March, 2021**

1.	Pansy Rampanzeli	Cadet Black	— Gold
2.	Joshua Lalthlangdika	Pewee Colour	— Silver