

**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 (1st 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 2nd World Junior Taekwondo Championship at Warsaw, Poland during 9-11.6.1995**

4. **Lalremkimi (Bantam Weight) represented India and won Bronze Medal in 3rd Asian Junior Taekwondo Championship at Almaty, Kazakhstan during 19-21.8.2005**

5. **V. Lalawmpuia represented India and reached 2nd Round in the 6th 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 4th Commonwealth Taekwondo Championship at Winnipeg, Canada during 21-24.11.2008**

8. **Lalsangzuali (-67 Kgs) represented India and reached Qtr. Final in WTF World Taekwondo Championship at Copenhagen, Denmark during 14-18.10.2009**

9. **Lalsangzuali (-67 Kgs) represented India and Q/F in 19th 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

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|----|-------------------|---------|---|---------|
| 6. | T. Thangneihkimi | -46 Kgs | — | 2nd Rd. |
| 7. | Lalhmingangi | -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 5th WTF World Taekwondo Poomsae Championship at Taskent, Uzbekistan during 8-10.10.2010

13. The following Taekwondo Players represented India in the 5th Commonwealth Taekwondo Championship-2011 at J.N. Multipurpose Indoor Stadium, Chennai, Tamilnadu 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 1st Asian Army Sports Meet held at Kathmandu, Nepal during 9-14.3.2012

15. Johny Vanlalruatsanga represented India and reached 2nd 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 6th Asian Junior Taekwondo Championship held at Ho Chi Minh, Vietnam during 6-8.5.2012

17. The following Taekwondo players represented India in 2nd 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 2nd 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 |
| 4. | Lallawmzuali | — | Silver |
| 5. | Arjun Pandey | — | Bronze |
| 6. | Medal Sanga | — | Bronze |
| 7. | Shira Laltanpuui | — | Bronze |

Officials-

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

21. Linda Lalchungnungi represented India and won Bronze medal (Poomsae Mixed Team Category) in 3rd 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 2nd Mt. Everest Open International Taekwondo Championship at Kathmandu, Nepal during 3-5.5.2014

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

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|-----|------------------------|----------------------------|---|--------|
| 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 Lalmangaihzuai | 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 |

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|--------------------------------------|---------------------------------------|---|--------|
| 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 Lalhruiitluangi | Poomsae (Sr. Individ. U-19 Yrs.) | — | Bronze |
| 27. Lalnunpuia | Poomsae (Senior, U-52 Kgs) | — | Bronze |
| 28. B. Malsawmzuala | Poomsae (Senior, U-56Kgs) | — | Bronze |
| 29. Lalhruiitluangi | Poomsae | — | Bronze |

Officials-

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

24. 2nd 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 |
|-----------------------|----------|---|--------|

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. Kaplianazawni | U-49 Kgs | — | Bronze |
| 4. Lalliankimi | U-53 Kgs | — | Bronze |
| 5. F. Lalrempuii | U-67 Kgs | — | Bronze |

SUB- JUNIOR (COLOUR BELT)

| | | | |
|----------------------|------------|---|--------|
| 1. Vanlalhlamuanpuii | Individual | — | Gold |
| 2. V. Vanengmawia | Individual | — | Gold |
| 3. V. Malsawmtluanga | Individual | — | Gold |
| 4. Pansy Rampanzeli | Individual | — | Silver |
| 5. Vanmalsawmi | Individual | — | Silver |

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|----|--|------------|---|--------|
| 6. | Malsawmtluanga Sailo | Individual | — | Silver |
| 7. | Pansy Rampanzeli, Vanmalsawmi & Vanlalhlamuanpuii | 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 Rengthlei & 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 Lalhruiailuangi | Individual | — | Gold |
| 2. | Catherine Lalhruiailuangi & Robert Laltluangkima | Pair | — | Gold |
| 3. | Catherine Lalhruiailuangi, Vanlalhmangaihthangi & Angela Lalremruati | Team | — | Gold |
| 4. | Dominic Rozamliaana Khiangte | Individual | — | Silver |
| 5. | Lianthangpuii & FC Jacob Laldinthara | Pair | — | Silver |
| 6. | Dominic Rozamliaana, Arjun Pandey & FC Jacob Laldinthara | Team | — | Silver |
| 7. | Angela Lalremruati & Dominic Rozamliaana | Pair | — | Bronze |
| 8. | Vanlalhmangaihthangi & Arjun Pandey | Pair | — | Bronze |
| 9. | Albert Lalrinfela, | Team | — | Bronze |

Robert Laltluangkima & Lalhminghlua

2ND SENIOR (BLACK BELT)

1. Lalhlimpuii Individual — Gold

TROPHY

— **TEAM CHAMPION**

Officials –

Manager – F. Lalhminghiana
Asst. Manager – C. Malsawmtluanga
Coach – Remlalhlimpuia
Asst. Coach – C. Vanlalhuma

25. 4th International Open Kyorugi & 3rd 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 Lalhruiailuangi | Individual Female | — | Gold |
| 3. | ZH Laltlanmawia & Mercy K. Zorinpuii | Mixed Pair | — | Gold |
| 4. | Lalthlamuanpuia, Lalfakzuala & Daniel Lalhumthanga | Male Team | — | Gold |
| 5. | Catherine Lalhruiailuangi, 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 Rozamliana | 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. Vanlalhuma | Male Team | — | Gold |
| 3. | C. Malsawmtluanga | Individual Male | — | Silver |
| 4. | R. Lalchhandama | Individual Male | — | Bronze |

TROPHY

Officials –

| | | |
|---------|---|-------------------|
| Manager | — | C. Malsawmtluanga |
| Coach | — | C. Vanlalhuma |

- TEAM CHAMPION

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 Hmangaihhsanga | 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 Hmangaihhsanga | U-53 Kgs | — | Gold |
|----|--------------------------|----------|---|------|

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. 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. | Ngaihsianmuani | 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. Malsawmtluang | Team (Junior-II) | — | Gold |
| 3. | Pansy Rampanzeli, C. Vanlalhriatpuii & LalremruatiTeam | (Junior-II) | — | Gold |
| 4. | Robert Laltluangkima, Lalhminghlua & H. Lalthlamuana | Team (Senior) | — | 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. Vanlalbiakhlamawma | Individual (Senior-I) | — | Bronze |
| 14. | Lalhminghlua | Individual (Senior-I) | — | Bronze |
| 15. | V. Vanengmawia & Vanlalthlamuanpuii | Pair (Junior-II) | — | Bronze |

Officials -

| | | |
|---------|---|---------------|
| Manager | — | H. Lalthazova |
| Coach | — | Zohmingthanga |

27. 3rd Kukkiwon International Teakwondo 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 Lailet | 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 Lailet | 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 — Lalnunhlma & Vanlalmangaihthangi

28. 13TH SOUTH ASIAN GAMES 2019 held at Kathmandu & Pokhara during 1–10.12.2019

| | | |
|---|---|--------|
| Team Poomsae Under 23 Category | — | Gold |
| 1. Lalthlamuanpuia, Daniel Lalhumthanga & Lalfakzuala | | |
| Under 23 Male Individual Poomsae | — | Bronze |
| 1. Lalthlamuanpuia | | |

29. 1st 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 Lalhlumawma | 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 Lalhrualtuanga | Sub-Junior (Boys) Under 35 Kg | — | Gold |
| 6. Vanlalawmpuia | Sub-Junior (Boys) Under 38 Kg | — | Gold |
| 7. Zaihrualmawii | 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 Vanlalthlamuanpuui | Sub-Junior (Girls) Under 29 Kg | — | Gold |
| 11. Remruatpuui | Sub-Junior (Girls) Under 32 Kg | — | Gold |
| 12. Lalrinhlui 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. Lalrinngheti 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 Lalhrualtuangi | Cadet – Girls Under 41 Kg | — | Silver |
| 26. Malsawmtluangi | Cadet – Girls Under 44 Kg | — | Silver |
| 27. C. Vanlalpekhlui | 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 |

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|------------------------|---------------------------|---|--------|
| 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. Ramdinliana | 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 & Vanlalhmangaihthangi |

OTHER ACHIEVEMENTS —

- Dt. 3-6.9.2009** khan World Taekwondo Federation (WTF) & Taekwondo Federation of India (TFI) buatsaihin 56th International Referee & 69th Refresher Course Seminar chu Bangaluru (Karnataka) ah neih a ni a, heng mite hian Taekwondo International Referee an Pass —
 - VL Sawma (IV Dan Black Belt)
 - Joseph Thansanga (IV Dan Black Belt)
 - V Lalnienga (III Dan Black Belt)

2. **13th International Taekwondo Poomsae Referee Seminar & 9th International Poomsae refresher Course, Bangalore, 4-8.6.2011 World Taekwondo Federation (WTF) buatsaih 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 –**

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|-------------------------|------------------------|------|
| 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 |