

ACHIEVEMENTS OF MIZORAM AMATEUR TAEKWONDO ASSOCIATION

NATIONAL

1988 —

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

1. Farid Jurwa Light — Gold

Official —

Coach — VL Rawna

1990 —

1. **10th 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

Official —

Coach — VL Sawma

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

1. Robert Zohmangaiha Fly Wt. — Bronze

Officials —

Coach — HG Sema

Referee — VL Sawma & Zothanpuia

3. **19th Male & 17th 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. 18th Female & 19th 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

3. 1st Prize Money Open National Black Belt Taekwondo Championship held at New Delhi during 18-19.10.2000

1. Joseph Thansanga — Referee

4. 20th Male & 18th 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. 20th 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

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

1. Lalparmawii Sailo Jr. Feather — Gold
2. H Lalmingsangi 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

4. 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

5. 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. 22nd 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. 21st 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. 2nd 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 Lalmingthangi 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. 32nd National Games held at Hyderabad, Andhra Pradesh during 19-22.11.2002

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

Officials –

Manager — Laldinsangi
Coach — V Lalnienga
Referee — Joseph Thansanga

2003 –

1. 21st National Sub-Junior Boys & Girls Taekwondo Championship at Bangalore, Karnataka during 3-25.3.2003

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 — 1) V Lalnienga
2) Lalmangaihsangi

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

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

Officials –

Manager — H Lalmalsawma
Coach — Ramengmawia
Referee — Joseph Thansanga

3. 22nd 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. 3rd 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. 24th National Junior Boys & Girls Taekwondo Championship held at Chennai, Tamil Nadu during 22-24.2.2004

1. Sairengpuii Sailo Heavy — Gold

2. Rossette 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. 22nd 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. 1st 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

Team — Silver

1. Samuel VL Hriatkima

2. Lalbiaksanga

3. Zothanzama

4. T Thangneihkimi

5. Zobiakhluni

Officials –

Coach — Joseph Thansanga

5. 23rd 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 – 2nd Runners Up (Women) Team Trophy

Officials –

Manager — V Lalnienga

Coaches — Moses Lalsangzuala & VL Sawma

Referee — Joseph Thansanga

6. 1st 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

Official –

Coach — VL Sawma

2005 –

1. 25th 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

2. 24th 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

3. 23rd 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 –

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

2006 –

1. 26th 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. 25th National Senior Taekwondo Championship at Chennai, Tamil Nadu during 15-17.9.2006

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

Trophy — ‘Best Fighting Spirit Team (Female)’

Officials –

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

3. 24th National Sub-Junior Championship at Ambala, Haryana during 12-14.11.2006

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|----|-------------------|---------|---|--------|
| 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. 33rd National Games at Guwahati, Assam during 9-18.2.2007

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|----|---------------------|-------|---|--------|
| 1. | Lalhminglangi | 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

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|----|----------------|---|--------|
| 1. | Vanlalchhuanga | — | Gold |
| 2. | Lalhmingliana | — | Silver |

4. 26th National Senior Taekwondo Championship at Visakapatnam, Andhra Pradesh during 25-27.9.2007

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

5. 27th National Junior Taekwondo Championship at Margaon, Goa during 7-9.12.2007

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|----|----------------------|-----------|---|--------|
| 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. 53rd National School Games Taekwondo Championship at Thiruvananthapuram, Kerala during 27-29.1.2008

1. Ramtharngbaka Feather — Bronze

Officials –

- Manager — Vanengmawia
Coach — James Lalthangmawia

2. 1st National Open Poomsae Championship (1st 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

3. 28th National Junior Taekwondo Championship at Pondicherry during 22-24.8.2008

1. Lalsangzuali Lt. Heavy — Gold
2. Linda Lalchungnungi Bantam — Bronze
3. Lalzamliani Light — Bronze
4. PC Lalrinpuii Lt. Middle — Bronze
5. Vanlalrinhlua Lt. Heavy — Bronze

Officials –

- Managers — V Lalnienga & R Vanlalngbaka
Coaches — Joseph Lalsiama & Lalhmangaihshangi
Referee — Joseph Thansanga

4. 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. Vanlalnguanga — Bronze
6. Sanjeev Chhetri — Bronze
7. Laltlanmawia — Bronze
8. Lalmuanpuii — Bronze
9. Malsawmsangi — Bronze

Officials –

- Coach — Siambijoy

5. 26th 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 Vanlalngbaka
Coaches — Joseph Thansanga & Robert Zohmangaiha
Referee — V Lalnienga

2009 —

1. 5th National Open Senior & Junior Taekwondo Championship at Maharashtra during 24-30.4.2009

1. R Vanlalruata Bantam — Silver

2. 27th National Sub-Junior Taekwondo Championship at Vishakhapatnam during 10-12.7.2009

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|----|-------------------|-------------|---|--------|
| 1. | F Laldinpuia | Super Heavy | — | Bronze |
| 2. | Cindy Laldinmawii | Bantam | — | Bronze |

Officials –

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|----------|---|--------------------------------|
| Managers | — | Lalduhawmsanga & Ramtharngbaka |
| Coaches | — | V Lalnienga & K Lalparmawii |
| Referee | — | Saiengpuii Sailo |

3. All India SAI Inter-Regional Taekwondo Championship at Aizawl, Mizoram 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 |

Official –

- | | | |
|-------|---|----------------|
| Coach | — | R Vanlalngbaka |
|-------|---|----------------|

4. 29th National Junior Taekwondo Championship at Haryana during 10-12.11.2009

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

Trophy — Best Active Participation Team (Boys) 5th 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

Official –

Coach — PC Lalbiaksiana

2010 –

1. 28th 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. 4th National Taekwondo Poomsae Championship at Surat, Gujarat during 13-15.5.2010

Junior Boys & Girls —

1. **Junior Pair** — Gold
F Lalhunhlua & T Thangneihkimi
2. **Junior Individual (Boys)** — Silver
F Lalhunhlua
3. **Junior Individual (Girls)** — Silver
Linda Lalchungnungi
4. **Junior Team (Boys)** — Bronze
H Vanlalhriata, Arjun Pandey &
PC VL Remthanga

Trophy — Team Champion

Senior Men & Women —

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

Trophy — Runners Up Team

Officials –

Manager — Joseph Lalsiama

Coach — Lalhmangaihsangi

1st Master– Men (41 Yrs Above)**Individual (Men)** — Silver

F Laltanpuia

Officials –

Manager — Joseph Thansanga

Coach — V Lalnienga

3. 28th 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. 29th National Senior Taekwondo Championship at Bilaspur, Chhattisgarh during 20-22.10.2010

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

Officials –

Manager — Lalhmangaihsangi & VL Sawma

Coaches — R Vanlalnghaka & V Lalnienga

5. 30th 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

Official –

Coach — R Vanlalnghaka

2011 –**1. 2nd National Inter-Zonal Taekwondo Championship & National Inter-Zonal Poomsae Taekwondo Championship–2011 at Bangalore, Karnataka during 12-13.1.2011****1. Poomsae (Pair-2)** — Gold

Lalruatkima & T Thangneihkimi

2. Poomsae (Team-2) — Gold

1. Lalruatkima
2. F Lalhunlua
3. R Lalchhandama

3. Poomsae (Team-1) — Gold

1. Rosalyn Lianhmingthangi
2. R Lalhlimpuii
3. T Thangneihkimi

4. Poomsae (Team - 1) — Silver

1. F Laldinpuia
2. Ramtharngbaka
3. Isaac Lalrindika

5. Poomsae (Pair - 1)

1. R Lalchhandama & — Bronze
2. R Lalhlimpuii

6. Poomsae Individual

1. Lalruatkima — Silver

Officials –

- Manager — Vanlalsawma
Coache — 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. 31st 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. 4th 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. 30th National Senior Taekwondo Championship at N. Delhi during 15-18.2.2012**
1. Vanlalruata -58 Kgs — Silver
- Officials –**
Coach — Robert Zohmangaiha
- 4. 5th 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** — Gold
FC Jacob Laldinthara & Linda Lalchungnungi
- Senior (under–29 Yrs)**
- Pair** — Gold
R. Lalchhanhima & T Thangneihkimi
- Group** — Gold
1. Lalruatkima
2. F Lalhunhlua
3. Arjun Pandey
- Individual–**
1. T Thangneihkimi — 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 & Remlalhlimpaia
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. 32nd National Junior Taekwondo Championship held at Naharlagun, Arunachal Pradesh during 18-21.11.2012**
1. Johny Vanlalruatsanga -63 Kgs — Gold
2. F Lalhunhlua -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) 4th Place**
- Officials –**
Managers — F Thangtinliana & K Lalmuanpuia
Coaches — R Vanlalnghaka & Angela Lalremruati
- 7. 31st 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. 5th 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. | Vanlalafela | -58 Kgs | — | Bronze |
| 5. | Fabian Lalduhawma | -63 Kgs | — | Bronze |
| 6. | Vanlalitluanga | -65 Kgs | — | Bronze |

Officials –

Manager — V Lalnienga
 Coach — Lalhangliana Sailo

2013 –

1. 55th 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 — Silver

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

Senior Male Group — Gold

- | | |
|----|----------------|
| 1. | Lalruatkima |
| 2. | R Lalchhandama |
| 3. | F Lalhunhlua |

Senior Female Group — Gold

- | | |
|----|---------------------|
| 1. | Linda Lalchungnungi |
| 2. | T Thangneihkimi |
| 3. | R Lalhlimpuii |

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 |

Official –

Coach — F Laltanpuia

- 3. 4th All India Inter University Taekwondo Championship at Chandigarh, Punjab during 18-21.1.2013**
1. Lalthangliana Sailo -68 Kgs — Bronze
- Officials –**
 Manager — Lalmangaihshangi
 Coach — Remlalthlimpuia
- 4. 31st National Sub-Junior Taekwondo Championship-2013 & 6th National Sub-Junior Poomsae Championship-2013 at Pune, Maharashtra during 30.8-1.9.2013**
- Poomsae Pair** — Gold
 1. Catherine Lalhruaitluangi & ZH Laltlanmawia
- Individual**
 2. Kaplianzawni -47 Kgs — Silver
 3. Zohmingthanga -44 Kgs — Bronze
- Officials –**
 Managers — Lalmunsanga & Lalthlimpuia
 Coaches — R Lalchhandama, Arjun Pandey & Betsy
- 5. 31st National Senior Taekwondo Championship 2013 at Imphal, Manipur during 20-22.9.2013 & 6th 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,
 2. R Lalchhandama &
 3. F Lalhunhlua
- (U-29 Yrs Female Group)** — Gold
 1. T Thangneihkimi, Linda
 2. Lalchungnungi &
 3. Lalthlimpuia
- (U-29 Yrs Male Individual)** — Silver
 1. Lalruatkima —Silver
- Female Individual (U-29 Yrs)**
 T Thangneihkimi — Bronze
- (U-29 Yrs Pair)** — Bronze
 1. R Lalchhandama & Linda Lalchungnungi
- Officials –**
 Managers — F Laltanpuia & F Thangtinliana
 Coach — H Malsawma
 Tech. Officials — Joseph Thansanga, Moses Lalsangzuala & Remlalthlimpuia
- 6. 33rd National Junior Taekwondo Championship & 6th National Junior Poomsae Championship at Pudduchery during 18-26.10.2013**
1. FC Jacob — Bronze
- Officials –**
 Manager - Rotea
 Coach cum Referee – Lalmuanawma

2014 —

1. 6th 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 | — | Bronze |
| 3. K Lalrinpuii | -51 Kgs | — | Bronze |

Officials –

Arjun Pandey & Lalchhanhimi Varte

2. 32nd National Sub-Junior & 1st National Cadet (Poomsae & Kyorugi) Taekwondo Championship at Kukukshetra, Haryana during 5-8.6.2014

Kyorugi –

- | | | | |
|---------------------|-----------------|---|--------|
| 1. Kaplianawni | -47 Kgs(Cadet) | — | Gold |
| 2. Lianthangpuii | -51 Kgs (Cadet) | — | Gold |
| 3. K Lalrinpuii | -55 Kgs (Cadet) | — | Gold |
| 4. Lalinpuia | -53 Kgs (Cadet) | — | Gold |
| 5. PB Lahuapzauva | -41 Kgs (Cadet) | — | Silver |
| 6. Alan Lalruatfela | -57 Kgs (Cadet) | — | Bronze |
| 7. Lallawmzuali | -37 Kgs (Cadet) | — | Bronze |
| 8. Lalliankimi | -44 Kgs (Cadet) | — | Bronze |

Poomsae –

- | | | | |
|--|--------------------|---|--------|
| 1. Lalronghaki & Simon Lalrinchhana | Sub-Junior Pair | — | Gold |
| 2. Catherine Lalhruaitluangi 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 Lalhruaitluangi | Cadet Pair | — | Gold |

Officials –

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