

Taekwon-Do Technical Seminar by Master Michael Muleta & "4th Everest Open International

Taekwondo Championship"

24th- 25th Feb, 2024, Nepal

Best Male Fighter=Anmol Sijali Magar

Best Female Fighter= Ashra Thapaliya

Result Sheet Sparring

SPARRING BELOW 13 YEARS (10-13)

BOYS 30-35KG

Position	Country/Dojang/School	Player name	Remarks
First	QUALITY	SUNDAR PANDEY	Gold
Second	MOTHERLAND	PALDEN TAMANG	Silver
Third	EDEN GARDEN	PRADHUMNA POKHAREL	Bronze
Third	BIMAL	SUBHAM KHATRI	Bronze

SPARRING BELOW 13 YEARS (10-13)

BOYS 35-40KG

Position	Country/Dojang/School	Player name	Remarks
First	MOTHERLAND	LAXMAN TAMANG	Gold
Second	CHAKRA JYOTI	SUGAN THAPA	Silver
Third	EDEN GARDEN	YUESH THAPA MAGAR	Bronze
Third	CHITTAPOL	SAMRAT BISUNKE	Bronze

SPARRING BELOW 10 YEARS

BOYS 20-25KG

Position	Country/Dojang/School	Player name	Remarks
First	SUNAKHARI	BASANTA TAMANG	Gold
Second	CHAKRAJYOTI	BIBAS THAPA	Silver
Third	NEW MODEL	AAYUN ADHIKARI	Bronze
Third	PANINI	AAYAN BIKRAM KARKI	Bronze

SPARRING BELOW 10 YEARS

BOYS 20-25KG

Position	School name	Player name	Remarks
First	Sunakhari	Shibhom Panday	Gold
Second	Sunakhari	Jenish Ghale	Silver
Third	Quality	Umang Khadka	Bronze
Third	Panini	Ukesh Danwar	Bronze

SPARRING BELOW 13 YEARS (10-13)

BOYS 40-45KG

Position	Country/Dojang/School	Player name	Remarks
First	MOTHERLAND	PRASHANT (ANISH) BUDDHA MAGAR	Gold
Second	MOTHERLAND	MANOJ SUNUWAR	Silver
Third	PUBOSS	UGESH SHRESTHA	Bronze
Third	EDEN GARDEN	AJIT RAI	Bronze
			Gold

SPARRING BELOW 13 YEARS (10-13)**BOYS 45-40KG**

Position	School name	Player name	Remarks
First	CHITAPOL	RAJ NGAKHUSI	Gold
Second	JANAJYOTI	SAKSHYAM SHRESTHA	Silver
Third	CHAKRAJYOTI	ABISHEK SHRESTHA	Bronze
Third	CHAKRAJYOTI	JIBRAJ TAMANG	Bronze

SPARRING BELOW 13 YEARS (10-13)**BOYS 50-60KG**

Position	Country/Dojang/School	Player name	Remarks
First	EDEN GARDEN	BINAYA THAPA	Gold
Second	CHAKRAJYOTI	BUDDHIMAN TAMANG	Silver
Third	SUNAKHARI	PRAKASH SHAH	Bronze
Third	AARAKSHAN	BIGNESH BALA	Bronze

BOYS BELOW 10 YEARS**25-30KG**

Position	Country/Dojang/School	Player name	Remarks
First	MOTHERLAND	ROJ SHRESTHA	Gold
Second	CHAKRAJYOTI	RIJESH KHATRI	Silver
Third	JANAJYOTI	BHUBAB BASNET	Bronze
Third	EDEN GARDEN	ANMOL SIJALI MAGAR	Bronze

Boys Below 18 years (14-17) 40-45kg

Position	Country/Dojang/School	Player name	Remarks
First	Janajyoti	Kushal Khadka	Gold
Second	Janajyoti	Pradip Tamang	Silver
Third	Janajyoti	Rakesh Lama	Bronze
Third	Aarakshyan	Aayan Hembra	Bronze

Boys below 18 years (14-17) 50-60kg

Position	Country/Dojang/School	Player name	Remarks
First	India	Younus Ahmed	Gold
Second	Janajyoti	Dinesh Kumar Ghale	Silver
Third	Bhakteshwor	Kunsang Tamang	Bronze
Third	Janajyoti	Manish Tamang	Bronze

Boys below 18 years (14-17) 50-55kg

Position	Country/Dojang/School	Player name	Remarks
First	Janajyoti	Rishav Timalsina	Gold
Second	Quality	Siroj Karki	Silver
Third	Motherland	Akin Kasula	Bronze
Third	Chakrajyoti	Roshan Bishunke	Bronze

Boys Below 18 years (14-17) 55-65kg

Position	Country/Dojang/School	Player name	Remarks
First	Motherland	Naresh Chaudhari	Gold
Second	Motherland	Nikesh Bhujel	Silver
Third	Aarakshyan	Saiman Adhakari	Bronze
Third			Bronze

Girls below 18 years (14-17) 35-40kg

Position	Country/Dojang/School	Player name	Remarks
First	Bimal	Sudikshya Baral	Gold
Second	Bhakteshwor	Saraswati Shrestha	Silver
Third	Aarakshyan	Suyashna Dulal	Bronze
Third			Bronze

Girls below 18 years (14-17) 40-50kg

Position	Country/Dojang/School	Player name	Remarks
First	New Model	Smriti Khadka	Gold
Second	Chakrajyoti	Ranjita Tamang	Silver
Third	Bhakteshwor	Kyusha Bomjon	Bronze
Third	Bhakteshwor	Niaha Rana Magar	Bronze

Girls below 18 years (14-17) 50-60kg

Position	Country/Dojang/School	Player name	Remarks
First	Bhakteshwor	Kopila Sunuwar	Gold
Second	Bhakteshwor	Anjana Pulami Magar	Silver
Third	Janajyoti	Sushma Ghyaba	Bronze
Third	Chakrajyoti	Swekshya Pariyar	Bronze

Boys below 10 years 30-35kg

Position	Country/Dojang/School	Player name	Remarks
First	New Model	Abhram Tolange	Gold
Second	Sunakhari	Pranil Kunwar	Silver
Third	Sunakhari	Prince Jaiswal	Bronze
Third	New Model	Sankalpa Jimba	Bronze

Boys below 13 years (10-13) 25-30kg

Position	Country/Dojang/School	Player name	Remarks
First	Motherland	Suvam Lamsal	Gold
Second	Chakrajyoti	Rijal Khatri	Silver
Third	Bimal	Sushil Baral	Bronze
Third	Motherland	Prachut Gwachha	Bronze

Girls below 10 years 20-25kg

Position	Country/Dojang/School	Player name	Remarks
First	Chittapol	Nitya Karki	Gold
Second	Chittapol	Kenisha Shrestha	Silver
Third	Sunakhari	Afrita K.M	Bronze
Third	Chittapol	Sambhavi Basnet	Bronze

Girls below 10 years 25-35kg

Position	Country/Dojang/School	Country	Remarks
First	Sunakhari	Rejina Tamang	Gold
Second	Unatti	Shristi Shrestha	Silver
Third	Eden Garden	Prabidhi Pokharel	Bronze
Third	Panini	Ashra Thapaliya	Bronze

Girls below 13 years (10-13) 25-35kg

Position	Country/Dojang/School	Player name	Remarks
First	Aakrakshyan	Himansi Dulal	Gold
Second	Sunakhari	Prakriti Ghimire	Silver
Third	Unatti	Samriddhi Khanal	Bronze
Third	Aarakshyan	Rahina Hembra	Bronze

Girls below 13 years (10-13) 35-45kg

Position	Country/Dojang/School	Player name	Remarks
First	Sunakhari	Akriti Gurung	Gold
Second	Chakrajyoti	Susmita Nepali	Silver
Third	Panini	Sarikshya Giri	Bronze
Third	Bhakteshwor	Asmita Bomjon Tamang	Bronze

Girls below 13 years (10-13) 45-60kg

Position	Country/Dojang/School	Player name	Remarks
First	Sunakhari	Man Maya Tamang	Gold
Second	Chittapol	Suprabha Karki	Silver
Third	Janajyoti	Nirmala Thapa	Bronze
Third	Chacrajyoti	Jenisha Shrestha	Bronze

Girls open black belt (45-55KG)

Position	Country/Dojang/School	Player name	Remarks
First	Nepal	Aarati Sinkhwal	Gold
Second	Nepal	Anusha Gorkhali	Silver
Third	Nepal	Surakshya Thapa	Bronze
Third	Nepal	Ashmita Pun	Bronze

Black belt under 18 (-60)kg

Position	School name	Player name	Remarks
First	Nepal	Safal Majhi	Gold
Second	Nepal	Arjun Gole	Silver
Third	Nepal	Suhan Bolan	Bronze
Third	Nepal	Aashish Thapa	Bronze

Black belt under 18 (+60)kg

Position	Country/Dojang/School	Player name	Remarks
First	Nepal	Bhupen Lamicchane	Gold
Second	Nepal	Manil Shrestha	Silver
Third	Nepal	Nishant Lamichhane	Bronze
Third	India	Mohammed Muaaz Khan	Bronze

Black belt above 18 (55+65)kg

Position	Country/Dojang/School	Player name	Remarks
First	Nepal	Ber Bahadur Ghising	Gold
Second	Nepal	Dev Raj Tamang	Silver
Third	Nepal	Rojit Deula	Bronze
Third	Nepal	Shant Kumar Rana Magar	Bronze

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Pattern

Open age white boys

Position	Country/Dojang/School	Player name	Remarks
First	Chakrajyoti	Sansav Moktan	Gold
Second	Janajyoti	Sakshyam Shrestha	Silver
Third	Chakrajoti	Bibas Thapa	Bronze
Third	Motherland	Gaurav G.C	Bronze

Under 12 boys White/Yellow

Position	Country/Dojang/School	Player name	Remarks
First	Eden Garden	Anmol Sijali Magar	Gold
Second	Panini	Arayaman Dhakal	Silver
Third	Himal Gundu	Reejan Shrestha	Bronze
Third	Puboss	Biraj Bhandari	Bronze

Open age yellow green

Position	Country/Dojang/School	Player name	Remarks
First	Puboss	Ugesh Shrestha	Gold
Second	Motherland	Palden Tamang	Silver
Third	Aarakshan	Aayan Hembra	Bronze
Third	Motherland	Naresh Chaudari	Bronze

Open age green

Position	Country/Dojang/School	Player name	Remarks
First	Sunakhari	Ansh Jalan	Gold
Second	Motherland	Aditya Khatri	Silver
Third	Janajyoti	Pradip Tamanag	Bronze
Third	Sunakharu	Basanta Tamang	Bronze

Open age girl yellow

Position	Country/Dojang/School	Player name	Remarks
First	Aarakshan	Rohini Basnet	Gold
Second	Aarakshan	Suyashna Dulal	Silver
Third	Panini	Aashra Thapaliya	Bronze
Third	Panini	Sariska Dahal	Bronze

Open age girls green/green-blue

Position	Country/Dojang/School	Player name	Remarks
First	Unnati	Akriti Gurung	Gold
Second	Sunakhari	Samriddhi Khanal	Silver
Third	Eden Garden	Prabidha Pokharel	Bronze
Third	Sunakhari	Grishma Dani	Bronze

Open age girls Yellow/green

Position	Country/Dojang/School	Player name	Remarks
First	Sunakhari	Amrita Tamang	Gold
Second	Aarakshan	Rahina Hembra	Silver
Third	Chakrajyoti	Ranjita Tamang	Bronze
Third	Aarakshan	Himansi Dulal	Bronze

Open age green blue

Position	Country/Dojang/School	Player name	Remarks
First	Motherland	Laxman Tamang	Gold
Second	Bimal	Dipadsh Katuwal	Silver
Third	Quality	Umag Khadka	Bronze
Third	New Model	Abhran tamang	Bronze

Open age blue

Position	Country/Dojang/School	Player name	Remarks
First	New Model	Dibash Kingring Magar	Gold
Second	Chitapol	Sanik Ngakhusi	Silver
Third	Janajyoti	Dinesh Kumar Ghale	Bronze
Third	Eden garden	Binaya Thapa	Bronze

Open Age boys red

Position	Country/Dojang/School	Player name	Remarks
First	Janajyoti	Manish Tamang	Gold
Second	Janajyoti	Rishav Timalsina	Silver
Third	Janajyoti	Kushal Khadka	Bronze
Third	Quality	Siroj Karki	Bronze

Open age red black

Position	Country/Dojang/School	Player name	Remarks
First	Quality	Sundav Panday	Gold
Second	Chitapol	Raj Ngakhusi	Silver
Third	Motherland	Akin Kasula	Bronze
Third	Motherland	Prashant (Anish) Budha Magar	Bronze

Open age boys Blue/Red

Position	Country/Dojang/School	Player name	Remarks
First	Motherland	Suvam Lamsal	Gold
Second	Eden Garden	Siddhartha Bhujel	Silver
Third	Puboss	Samir Bajaracharya	Bronze
Third	Bimal	Subham Khatri	Bronze

Above 12years boys white/yellow

Position	Country/Dojang/School	Player name	Remarks
First	Chakrajyoti	Jibraj Tamang	Gold
Second	Chakrajyoti	Buddhiman Tamang	Silver
Third	Sunakhari	Alex Tamang	Bronze
Third	Chakrajuoti	Rit Bahadur Thapa	Bronze

Open age boys yellow

Position	Country/Dojang/School	Player name	Remarks
First	Sunakhari	Shibhom Pandey	Gold
Second	Eden Garden	Snadesh Karki	Silver
Third	Sunakhari	Prakash Sha	Bronze
Third	Sunakhari	Asish Lama	Bronze

Open age girl white-white/yellow

Position	Country/Dojang/School	Player name	Remarks
First	Chakrajyoti	Sonu Tamang	Gold
Second	Chakrajyoti	Ausmita Nepal	Silver
Third	Eden Garden	Shrabra Poudel	Bronze
Third	Chakrajyoti	Jenisha Shrestha	Bronze

Open age girls Blue/Blue-red

Position	Country/Dojang/School	Player name	Remarks
First	Chitapol	Manyata Deuja	Gold
Second	Chitapol	Superbha Karki	Silver
Third	New Model	Smriti Khadka	Bronze
Third	Chitapol	Sudikshya Karki	Bronze

Girls open age black belt

Position	Country/Dojang/School	Player name	Remarks
First	Nepal	Surakshya Thapa	Gold
Second	Nepal	Aarati Sinkhwal	Silver
Third	Nepal	Anusha Gorkhali	Bronze
Third	Nepal	Asmita Pun	Bronze

Boys open age black belt

Position	Country/Dojang/School	Player name	Remarks
First	Nepal	Arjun Gole	Gold
Second	Nepal	Manil Shrestha	Silver
Third	Nepal	Astik Nakarmi	Bronze
Third	Nepal	Kunsang Tamang	Bronze