

# Recognized Poomsae Team / A / Female 18-30

## Munkebo Cup Teknik 2026

As of 29 JAN 2026

### Final Rounds

| Order | Match | Name                                                    | Team                                       | NOC |
|-------|-------|---------------------------------------------------------|--------------------------------------------|-----|
| 1     | 101   | Pernille Valencia / Camille / Luna                      | <i>Esbjerg Cheong Yong</i>                 | DEN |
| 2     | 102   | Cecilie / Maja / Ishanya                                | <i>Kolding Taekwondo Klub Sil'la</i>       | DEN |
| 3     | 103   | Mechid / Sofie Ahlquist<br>Rimbæklund / Louise Ahlquist | <i>Islev Taekwondo</i>                     | DEN |
| 4     | 104   | Annebell Tamayo Wittendorff /<br>Alberte / Jhana        | <i>Gangnam Sportstaekwondo<br/>Denmark</i> | DEN |

**Recognized Poomsae Pair / A 18-30**  
**Munkebo Cup Teknik 2026**  
**As of 29 JAN 2026**

**Final Rounds**

| Order | Match | Name                                 | Team                                   | NOC |
|-------|-------|--------------------------------------|----------------------------------------|-----|
| 1     | 105   | TUONG-VI HANNAH / Tung-Duong Tim     | <i>SF BISPINGEN</i>                    | GER |
| 2     | 106   | Annebell Tamayo Wittendorff / Thomas | <i>Gangnam Sportstaekwondo Denmark</i> | DEN |
| 3     | 107   | Teoman / Amalie Katrine              | <i>Odense Taekwondo Klub</i>           | DEN |

**Recognized Poomsae Pair / B -14**  
**Munkebo Cup Teknik 2026**  
**As of 29 JAN 2026**

**Final Rounds**

| Order | Match | Name                 | Team                            | NOC |
|-------|-------|----------------------|---------------------------------|-----|
| 1     | 108   | Tu-Anh / Gabriel     | <i>Lyseng Taekwondo Klub</i>    | DEN |
| 2     | 109   | Viktor / Victoria    | <i>Risskov Taekwondo klub</i>   | DEN |
| 3     | 110   | Leo Huynh / Ronja    | <i>Hwarang Taekwondo Herlev</i> | DEN |
| 4     | 111   | Sofie Damtoft / Hans | <i>Ikast Taekwondo klub</i>     | DEN |

**Freestyle Individual / A / Female -17**  
**Munkebo Cup Teknik 2026**  
**As of 29 JAN 2026**

**Final Rounds**

| Order | Match | Name                    | Team          | NOC |
|-------|-------|-------------------------|---------------|-----|
| 1     | 144   | Silja Kristine Gottlieb | Nyborg Chosen | DEN |

# Recognized Poomsae Individual / B / Male 18-30

## Munkebo Cup Teknik 2026

As of 29 JAN 2026

### Final Rounds

| Order | Match | Name                      | Team                                 | NOC |
|-------|-------|---------------------------|--------------------------------------|-----|
| 1     | 167   | Kadem Badr                | <i>Kolding Taekwondo Klub Sil'la</i> | DEN |
| 2     | 168   | Nicolai Bamberg Rasmussen | <i>Kolding Taekwondo Klub Sil'la</i> | DEN |

**Recognized Poomsae Individual / B / Female 18-30**  
**Munkebo Cup Teknik 2026**  
**As of 29 JAN 2026**

**Final Rounds**

| Order | Match | Name                      | Team                                    | NOC |
|-------|-------|---------------------------|-----------------------------------------|-----|
| 1     | 169   | Hala Almutlak             | <i>Skive Taekwondo Club</i>             | DEN |
| 2     | 170   | Christina Søgaard Holbech | <i>Odense Taekwondo Klub</i>            | DEN |
| 3     | 171   | Julie Dalgaard            | <i>Frederikssund Taekwondo</i>          | DEN |
| 4     | 172   | Gergana Atanasova         | <i>Århus Taekwondo Klub - Chung Moo</i> | DEN |

# Recognized Poomsae Individual / C / Female 18-30

## Munkebo Cup Teknik 2026

As of 29 JAN 2026

### Final Rounds

| Order | Match | Name                      | Team                         | NOC |
|-------|-------|---------------------------|------------------------------|-----|
| 1     | 173   | Marguerite Baert-Marguard | <i>Lyngby Taekwondo Klub</i> | DEN |
| 2     | 174   | Freja Esbjørn             | <i>Lyngby Taekwondo Klub</i> | DEN |

# Recognized Poomsae Individual / D / Female 18-30

## Munkebo Cup Teknik 2026

As of 29 JAN 2026

### Final Rounds

| Order | Match | Name             | Team                                    | NOC |
|-------|-------|------------------|-----------------------------------------|-----|
| 1     | 175   | Andrea Kvist     | <i>Fredericia</i>                       | DEN |
| 2     | 176   | Rebecca Annussek | <i>Århus Taekwondo Klub - Chung Moo</i> | DEN |



**Recognized Poomsae Individual / B / Female 31+**  
**Munkebo Cup Teknik 2026**  
**As of 29 JAN 2026**

**Final Rounds**

| Order | Match | Name                    | Team                                    | NOC |
|-------|-------|-------------------------|-----------------------------------------|-----|
| 1     | 177   | Christina Kristensen    | <i>Bramming Taekwondo - Taeyang</i>     | DEN |
| 2     | 178   | Ann-Katrine Bak Nielsen | <i>Århus Taekwondo Klub - Chung Moo</i> | DEN |
| 3     | 179   | Aisha Riaz              | <i>Team Nørrebro</i>                    | DEN |

**Recognized Poomsae Individual / C / Male 12-14**  
**Munkebo Cup Teknik 2026**  
**As of 29 JAN 2026**

**Final Rounds**

| Order | Match | Name                              | Team                                 | NOC |
|-------|-------|-----------------------------------|--------------------------------------|-----|
| 1     | 180   | Thiago Soares Helios              | <i>Fredericia</i>                    | DEN |
| 2     | 181   | Leeming Jacobsen                  | <i>Aabenraa Taekwondo Klub</i>       | DEN |
| 3     | 182   | Matvii Zhovnytskyi                | <i>Frederikssund Taekwondo</i>       | DEN |
| 4     | 183   | Mikkel Obling Winum Kjærgaard     | <i>Ikast Taekwondo klub</i>          | DEN |
| 5     | 184   | Emil Ravn                         | <i>Lyngby Taekwondo Klub</i>         | DEN |
| 6     | 185   | August Mørch                      | <i>Kolding Taekwondo Klub Sil'la</i> | DEN |
| 7     | 186   | Matti Truelsegaard Christophersen | <i>Nyborg Chosen</i>                 | DEN |
| 8     | 187   | Constantin Eilsøe-Jørgensen       | <i>Odense Taekwondo Klub</i>         | DEN |