



# Women's Taekwondo Championship

## Why in News?

**Khelo India Women's Taekwondo Championship** was held in **Lucknow, Uttar Pradesh** on the occasion of **International Women's Day** on 8th March 2025

**KHELO INDIA PROGRAMME**

**AIM**

- Mass participation and promotion of excellence in sports
- Revive the sports culture in India at the grass-root level

**12 VERTICALS OF KHELO INDIA**

- Annual sports competitions
- State Level Khelo India Contests
- Community Coaching Developments
- Play Field Development
- Support of National/Regional Level Sports Academies
- Physical Fitness Centres
- Participation of Sportsmen from the States
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**GAMES UNDER KHELO INDIA**

- Khelo India Youth Games** (aka Khelo India School Games till 2019)
  - 1st edition - New Delhi (2018)
  - Age limit - 18
  - Host of 5th Edition of KIYG - MP (Bhopal)
- Khelo India University Games**
  - 1st edition - Kalings Institute of Industrial Technology (KIIT), Odisha (2020)
  - KIUG 2023 host - UP (Lucknow, Varanasi, G.Noida and Gorakhpur)
- Khelo India Winter Games (KIWG)**
  - 3 editions held since 2020 (in Leh, Ladakh and Gulmarg (Kashmir))

**SELECTION AND ASSISTANCE**

- 1000 kids elected yearly for a scholarship program, trained to become medal winners
- Talented players identified in priority sports disciplines are provided Rs. 5 Lakh p.a. for 8 years.

**NODAL MINISTRY**

- Ministry of Youth & Sports Affairs

**HQ**

- JawaharLal Nehru Stadium (New Delhi)

**Drishti IAS**

## Key Points

### ▪ About the Championship:

#### ◦ Events :

- This championship was organized by **the Union Ministry of Sports and Youth Welfare, Khelo India, Sports Authority of India, Taekwondo Federation of India** and **Uttar Pradesh Taekwondo Association** .
- In this championship, senior category competitions were organized in various weight categories.

#### ◦ Chief Medalist:

- Lucknow - 4 gold, 4 silver, 6 bronze
- Agra - 4 gold, 1 silver
- Mathura, Farrukhabad - 1-1 gold and other medals

## Taekwondo

### ▪ About:

- Taekwondo is a **Korean martial art** characterized by punching and kicking techniques

- It emphasizes **head-high kicks, spinning jump kicks, and fast kicking techniques.**
- It not only develops **physical skills but also mental strength.**
- **History:**
  - Taekwondo's roots date back to Korea's Three-Kingdoms era (c. 50 BC) .
  - **The Hwarang** , warriors of **the Silla Dynasty**, developed a martial art called Taekkyon ("foot-hand") .
  - In the early 20th century, it became the dominant martial art in Korea.
  - In 1973 the **World Taekwondo Federation (WTF)** was founded.

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