Svenska Cupen 1 2026 Poomsae (avancerade)

Nr	Minior (4-11), Female-Avan (Endast final)		P1	P2
1	Mille Åkerström	Örestad BaekDuSan TaeKwonDo	T3	T5
2	Jeva Andersson	Wermdo TKD		
3	Yesui Bekhbat	Poomsae Team Elite IF		
4	Estelle Chau	Örestad BaekDuSan TaeKwonDo		
5	Elise Johansson	Poomsae Team Elite IF		
6	Jacqueline Miglis	Wermdo TKD		
7	Lola Olsson	Team Academy IF		
8	Liv Ryberg	Team Academy IF		
9	Delara Vial	Team Academy IF		

Nr	Minior (4-11), Male-Avan		P1	P2
1	Destan Dogan	Team Academy IF	T4	T5
2	Ryan Helgesson	Örestad BaekDuSan TaeKwonDo		
3	Aarudh Kapilan	AVAN TKD		
4	Dan Lind	Team Academy IF		

Nr	Kadett (12-14), Female-Avan (Endast final)		P1	P2
1	Huda Barbar	Champion taekwondo klubb Linkoping	T3	T6
2	Lea Christensen	Wermdo TKD		
3	Alva Fröjd	Team Academy IF		
4	Nour Jamil	AVAN TKD		
5	Alexandra Kordelius	Team Academy IF		
6	Matilda Lund	Team Academy IF		
7	Sultana Mahmoodi	AVAN TKD		
8	Elsa Sjöstedt	Dubbelspark Taekwondo klubb		
9	Freja Wahlström	Haga TKD Klubb		

Nr	Kadett (12-14), Male-Avan		P1	P2
1	Hadi Barbar	Champion taekwondo klubb Linkoping	T6	T7
2	Yesukhei Bekhbat	Poomsae Team Elite IF		
3	Waldemar Hedlund	Mehr Taekwondoklubb		
4	Eskil Jinnestrand	Örestad BaekDuSan TaeKwonDo		
5	Hilding Söder Oliv	Wermdo TKD		

Nr	Junior (15-17), Female-Avan		P1	P2
1	Amelie Beckeman	Team Academy IF	T4	T8
2	Mira Lönn Nilsson	Poomsae Team Elite IF		
3	Tayeba Mahmoodi	AVAN TKD		
4	Paloma Morales Winberg	Poomsae Team Elite IF		

Nr	Junior (15-17), Male-Avan		P1	P2
1	Lukas Nihlén	Team Academy IF	T5	T7
2	Lukáš Prokeš	Wermdo TKD		

Nr	Senior -50 och -60 (41-60), Female-Avan		P1	P2
1	Victoria Liu	Örestad BaekDuSan TaeKwonDo	T4	T6
2	Charlotta Eriksson	Örestad BaekDuSan TaeKwonDo		

Nr	Par Minior (4-11), Male/female-Avan		P1	P2
1	Destan Dogan / Dan Lind	Team Academy IF	T6	T7
2	Liv Ryberg / Delara Vial	Team Academy IF		
3	Mille Åkerström / Estelle Chau	Örestad BaekDuSan TaeKwonDo		

Nr	Par Kadett (12-14), Male/female-Avan		P1	P2
1	Huda Huda / Aarudh Kapilan	AVAN TKD	T4	T7
2	Waldemar Hedlund / Nour Jamil	AVAN TKD		
3	Yesui Bekhbat / Yesukhei Bekhbat	Poomsae Team Elite IF		

Nr	Par Junior (15-17), Male/female-Avan		P1	P2
1	Amelie Beckeman / Lukas Nihlén	Team Academy IF	T4	T5
2	Mira Lönn Nilsson / Paloma Morales Winberg	Poomsae Team Elite IF		

Nr	Par Senior -50 (31-50), Male/female-Avan		P1	P2
1	Victoria Liu	Örestad BaekDuSan TaeKwonDo	T4	T7

Nr	Mix-Par Kadett (12-14), Male/female-Avan		P1	P2
1	Lea Christensen / Jacqueline Miglis	Wermdo TKD	T3	T5
2	Sultana Mahmoodi / Tayeba Mahmoodi	AVAN TKD		
3	Alexandra Kordelius / Lola Olsson	Team Academy IF		
4	Alva Fröjd / Matilda Lund	Team Academy IF		

Nr	Lag Minior (4-11), Female-Avan		P1	P2
1	Lola Olsson / Liv Ryberg / Delara Vial	Team Academy IF	T4	T6

Nr	Lag Kadett (12-14), Female-Avan		P1	P2
1	Jeva Andersson / Lea Christensen / Jacqueline Miglis	Wermdo TKD	T5	T6
2	Alva Fröjd / Alexandra Kordelius / Matilda Lund	Team Academy IF		

Nr	Mix-Lag Kadett (12-14), Male/female-Avan		P1	P2
1	Huda Huda / Sultana Mahmoodi / Aarudh Kapilan	AVAN TKD	T5	T7
2	Nour Jamil / Tayeba Mahmoodi / Waldemar Hedlund	AVAN TKD		

Nr	Mix-Lag Junior (15-17), Male/female-Avan		P1	P2
1	Mira Lönn Nilsson / Paloma Morales Winberg / Yesukhei Bekhbat	Poomsae Team Elite IF	T4	T8

Svenska Cupen 1 2026 Poomsae (nybörjare)

Nr	Minior (4-11), Female-Nyb (Semifnal och final)		P1	P2
1	Alma Alrifai	Champion taekwondo klubb Linkoping		
2	Maria Altahy	AVAN TKD		
3	Chelsea Andersson	Täby TKD		
4	Emelie Haddad	AVAN TKD		
5	Penny Holm	Alhaj Taekwondoklubb		
6	Elizabeth Issa	Poomsae Team Elite IF		
7	Irma Janson	Täby TKD		
8	Melorin Kafian	Täby TKD		
9	Antonia Karlsson	Team Academy IF	T1-T5	T1-T5
10	Stella Mäkinen	Poomsae Team Elite IF		
11	Natchaya Phimmatha	Täby TKD		
12	Lara Salih	AVAN TKD		
13	Anni Sjögren Stål	TROSA TAEKWONDO		
14	Zia Stearn	Team Academy IF		
15	Astrid Strand	Team Academy IF		
16	Jolie Von Hueck	Poomsae Team Elite IF		
17	Julia Von Hueck	Poomsae Team Elite IF		

Nr	Minior (4-11), Male-Nyb (Semifnal och final)		P1	P2
1	Elias Al-Saaty	AVAN TKD	T1-T5	T1-T5
2	Adam Al-Saaty	AVAN TKD		
3	Sander Alm	Wermdo TKD		
4	Valdemar Alnefelt	Täby TKD		
5	Yunchan Aracena Rivera	Team Academy IF		
6	Alexander Hassani	Alhaj Taekwondoklubb		
7	Matteo Jakobsson Rugama	Wermdo TKD		
8	Yujin Kim	Täby TKD		
9	Ben Lind	Team Academy IF		
10	William Lundberg	Team Academy IF		
11	Durvish Mehta	Team Academy IF		
12	Jayden Mendoza	Team Academy IF		
13	Winston Nyrén	TROSA TAEKWONDO		
14	Toby Quach	AVAN TKD		
15	Sam Rasuli	Poomsae Team Elite IF		
16	Ossian Rupush	Wermdo TKD		
17	Hugo Södervall	Team Academy IF		
18	Gabriel Wong Sellberg	Team Academy IF		

Nr	Kadett (12-14), Female-Nyb (Endast final)		P1	P2
1	Natalia Ajziuk	AVAN TKD	T1-T5	T1-T5
2	Isabella Bååth	Wermdo TKD		
3	Saga Balkhag	Poomsae Team Elite IF		
4	Maram Ben Ghorbel	AVAN TKD		
5	Linnea Blom	Team Academy IF		
6	Evelin Brunstedt	Poomsae Team Elite IF		
7	Linnea Cajvert	Täby TKD		
8	Amelia Durbas	AVAN TKD		
9	Wenger Michelle	Alhaj Taekwondoklubb		
10	Linda Rimawi	TROSA TAEKWONDO		
11	Othilia Rupush	Wermdo TKD		
12	Layla Sadlak	AVAN TKD		
13	Nahal Sherkatolabasieh	Täby TKD		
14	Isabella Widell	Botkyrka TKD Etik Ak. För.		

Nr	Kadett (12-14), Male-Nyb		P1	P2
1	Milo Höglund	Täby TKD	T1-T5	T1-T5
2	Ibrahim Imran	AVAN TKD		
3	Jakob Omid	AVAN TKD		
4	Shiv Rishin Nambiar	Team Academy IF		

Nr	Junior (15-17), Female-Nyb (Endast final)		P1	P2
1	Linn Berglund	Täby TKD	T1-T5	T1-T5
2	Ofelia Bonsdorff Wrede	Team Academy IF		
3	Ines Carlander Gonzalez	Poomsae Team Elite IF		
4	Saga Ekroth	Dubbelspark Taekwondo klubb		
5	Adrija Gutmane	Dubbelspark Taekwondo klubb		
6	Emma Hedenfalk	Poomsae Team Elite IF		
7	Cherylin JAKOVLEW SCHULZE	Alhaj Taekwondoklubb		
8	Ines Rosengren Lundblad	Limhamns Taekwondo Akademi IF		
9	Freja Tomson	Team Academy IF		
10	Lovisa Wahlberg	Täby TKD		

Nr	Senior -30 (18-30), Female-Nyb		P1	P2
1	Wilma Beinö	Rumlaborgs Taekwondoklubb	T1-T5	T1-T5
2	Ma Arman Knutsson	Örestad BaekDuSan TaeKwonDo		

Nr	Senior -30 (18-30), Male-Nyb		P1	P2
1	Reza Doulati	Täby TKD	T1-T5	T1-T5
2	Elio Dunger Johnsson	Team Academy IF		

Nr	Senior -50 och -60 (41-60), Female-Nyb		P1	P2
1	Sandra Karlsson	Grastorps Kampsportsforening	T1-T5	T1-T5
1	Marianne Fuglevaag	Team Academy IF		

Nr	Senior -50 (41-50), Male-Nyb		P1	P2
1	Mauricio Aracena Kovacevic	Team Academy IF	T1-T5	T1-T5
2	Björn Grunewald	Täby TKD		
3	Martin Janson	Täby TKD		

Nr	Senior -60 (51-60), Male-Nyb		P1	P2
1	Stefan Höglund	Täby TKD	T1-T5	T1-T5
2	Sam Kafian	Täby TKD		

Nr	Par Minior (4-11), Male/female-Nyb		P1	P2
1	Silas Fanang / Jasmine Helen Gafurova	AVAN TKD	T1-T5	T1-T5
2	Selihom Bokrustion / Ali Kazemi	AVAN TKD		
3	Aylin Abdulsattar / Yusuf Abdulsattar	AVAN TKD		
4	Hugo Södervall / Zia Stearn	Team Academy IF		

Nr	Par Kadett (12-14), Male/female-Nyb		P1	P2
1	Amelia Durbas / Jakob Omid	AVAN TKD	T1-T5	T1-T5
2	Stella Adas / Ibrahim Imran	AVAN TKD		
3	Linnea Cajvert / Milo Höglund	Täby TKD		
4	Noelle Aydin / August Wahlberg	Täby TKD		
5	Linnea Blom / Shiv Rishin Nambiar	Team Academy IF		

Nr	Mix-Par Minior (4-11), Endast herrar		P1	P2
1	Matteo Jakobsson Rugama / Ossian Rupush	Wermdo TKD	T1-T5	T1-T5
2	Yosef Jamil / Toby Quach	AVAN TKD		
3	Adnan Afsahar / Romaan Rohullah	AVAN TKD		
4	Mohammad Kazemi / Shaomar Mahmood	AVAN TKD		
5	Elias Al-Saaty / Adam Al-Saaty	AVAN TKD		
6	Franz Johansson / Sam Rasuli	Poomsae Team Elite IF		
7	William Lundberg / Durvish Mehta	Team Academy IF		
8	Yunchan Aracena Rivera / Ben Lind	Team Academy IF		
9	Jayden Mendoza / Gabriel Wong Sellberg	Team Academy IF		

Nr	Mix-Par Minior (4-11), Endast damer (Endast final)		P1	P2
1	Lilas Jbara / Alice Jbara	AVAN TKD	T1-T5	T1-T5
2	Emelie Haddad / Lara Salih	AVAN TKD		
3	Maria Altahy / Chloe Weibel Vinazza	AVAN TKD		
4	Antonia Karlsson / Astrid Strand	Team Academy IF		
5	Jolie Von Hueck / Julia Von Hueck	Poomsae Team Elite IF		
6	Elizabeth Issa / Stella Mäkinen	Poomsae Team Elite IF		
7	Chelsea Andersson / Irma Janson	Täby TKD		
8	Melorin Kafian / Natchaya Phimmatha	Täby TKD		
9	Ofelia Huneault / Adelle Winscher	Jinae Taekwondo		

Nr	Mix-Par Kadett (12-14), Male/female-Nyb		P1	P2
1	Isabella Bååth / Othilia Rupush	Wermdo TKD	T1-T5	T1-T5
2	Rassil Arfaoui / Maram Ben Ghorbel	AVAN TKD		
3	Natalia Ajziuk / Layla Sadlak	AVAN TKD		
4	Linda Rimawi / Anni Sjögren Stål	TROSA TAEKWONDO		
5	Saga Balkhag / Evelin Brunstedt	Poomsae Team Elite IF		
6	Stella Johansson / Nahal Sherkatolabasieh	Täby TKD		
7	Mikael Coimbra Wilhelmsson / Hugo Grunewald	Täby TKD		
8	Niklas Coimbra Wilhelmsson / Edvin Sayago Jonsell	Täby TKD		

Nr	Mix-Par Junior (15-17), Male/female-Nyb		P1	P2
1	Ines Carlander Gonzalez / Emma Hedenfalk	Poomsae Team Elite IF	T1-T5	T1-T5
2	Linn Berglund / Lovisa Wahlberg	Täby TKD		
3	Ofelia Bonsdorff Wrede / Freja Tomson	Team Academy IF		

Nr	Mix-Par Senior -50 och -60 (31-60), Male/female-Nyb		P1	P2
1	Björn Grunewald / Martin Janson	Täby TKD	T1-T5	T1-T5
2	Stefan Höglund / Sam Kafian	Täby TKD		
3	Mauricio Aracena Kovacevic / Marianne Fuglevaag	Team Academy IF		

Nr	Lag Minior (4-11), Female-Nyb		P1	P2
1	Antonia Karlsson / Zia Stearn / Astrid Strand	Team Academy IF	T1-T5	T1-T5
2	Maria Altahy / Emelie Haddad / Lara Salih	AVAN TKD		
3	Elizabeth Issa / Jolie Von Hueck / Julia Von Hueck	Poomsae Team Elite IF		
4	Irma Janson / Melorin Kafian / Natchaya Phimmatha	Täby TKD		
5	Isabelle Ilbäck-Haara / Lykke Staal / Adelle Winscher	Jinae Taekwondo		

Nr	Lag Minior (4-11), Male-Nyb		P1	P2
1	Yunchan Aracena Rivera / Ben Lind / Gabriel Wong Sellberg	Team Academy IF	T1-T5	T1-T5
2	William Lundberg / Durvish Mehta / Hugo Södervall	Team Academy IF		
3	Silas Fanang / Yosef Jamil / Toby Quach	AVAN TKD		
4	Adnan Afsahar / Jakob Omid / Romaan Rohullah	AVAN TKD		

Nr	Lag Kadett (12-14), Female-Nyb		P1	P2
1	Rassil Arfaoui / Maram Ben Ghorbel / Chloe Weibel Vinazza	AVAN TKD	T1-T5	T1-T5
2	Natalia Ajziuk / Amelia Durbas / Layla Sadlak	AVAN TKD		
3	Evelin Brunstedt / Stella Johansson /Nahal Sherkatolabasieh	Täby TKD		

Nr	Mix-Lag Minior (4-11), Male/female-Nyb		P1	P2
1	Selihom Bokrustion / Alice Jbara / Elias Al-Saaty	AVAN TKD	T1-T5	T1-T5
2	Lilas Jbara / Adam Al-Saaty / Shaomar Mahmood	AVAN TKD		
3	Aylin Abdulsattar / Jasmine Helen Gafurova / Yusuf Abdulsattar	AVAN TKD		

Nr	Mix-Lag Kadett (12-14), Male/female-Nyb		P1	P2
1	Othilia Rupush / Matteo Jakobsson Rugama / Ossian Rupush	Wermdo TKD	T1-T5	T1-T5
2	Linnea Blom / Jayden Mendoza / Shiv Rishin Nambiar	Team Academy IF		
3	Stella Adas / Ibrahim Imran / Mohammad Kazemi	AVAN TKD		
4	Noelle Aydin / Linnea Cajvert / Milo H□glund	Täby TKD		
5	Mikael Coimbra Wilhelmsson / Edvin Sayago Jonsell / August Wahlberg	Täby TKD		

Nr	Mix-Lag Senior -30 (18-30), Male/female-Nyb		P1	P2
1	Ofelia Bonsdorff Wrede / Freja Tomson / Elio Dunger Johnsson	Team Academy IF	T1-T5	T1-T5