

# *Cuba's taekwondists stand out in Pan American poomsae*

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Havana, July 4 (ACN)-- A quintet of Cubans excelled in the poomsae tournament of the Pan-Am Series II of taekwondo of Heredia, disputed in the cadet and youth categories and concluded in the last hours in Costa Rica.

Dario Enrique Navarro, Pedro Pablo Escalona, Esther Melissa Martinez, Tania Indira Delgado and Alejandro Alberto Arancibia won as a team the free modality of the specialty, consisting of an imaginary taekwondo combat.

As a result of this result, Cuban Carlos Manuel Regalado Toledo was awarded the prize for best coach of the competition.

As it was a G2 category tournament, they competed with the aim of winning up to 20 points in competition for the poomsae ranking of the International Taekwondo Federation, said Iván Fernández Quiroz, president of the Cuban Taekwondo Federation, to the institutional sports publication Jit.

The strategy of Tania Indira and Dario competing in the individual traditional poomsae and in the freestyle together with the other three was fulfilled, said the seventh Dan.

It was a good performance by the Cubans, who still have to continue adding up points to qualify for the Central American and Caribbean Games of San Salvador 2023, said Fernandez.

We decided to compete only in poomsae to preserve the kyorugui (combat) athletes for the world championship in November in Mexico, clarified the director.

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