

ATUL PANGOTRA

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Jammu and Kashmir, India

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CURRICULUM VITAE

FATHER'S NAME : SHRI. D.N. PANGOTRA

DATE OF BIRTH : 2ND Feb 1982

EDUCATION QUALIFICATION : Bachelor of Arts,
Jammu University, India

TECHNICAL QUALIFICATION : Bachelor of Physical Education

MARTIAL STATUS : Single

FATHER OCCUPATION : Advocate

PRESENT OCCUPATION : Working in Department of Youth
Services & Sports, J&K Govt., as
Physical Education Teacher/
Taekwondo Coach

PAST OCCUPATION : Sports Authority of India (SAI) as
Taekwondo Coach, SAI, STC,
Dimapur, Nagaland.

ACHIEVEMENT AWARDS : **1.State Award as an Outstanding
Sports Person of J&K State by
J&K State Government, In 2014**
**2. Sher I Kashmir Award (Gold) as
an Outstanding Sports Person of
J&K State by J&K Sports Council,
In 2014**

PRESENT STATUS : **Member, Poomsae Expert
Committee of Asian Taekwondo
Union (ATU)**

SPORTS QUALIFICATION

- ✓ One year Diploma in Taekwondo (NIS) from Sports Authority of India, Southern Centre, Bangalore, 2006-07.
- ✓ Foreign Instructor, Kukkiwon (World Taekwondo Headquarter) South Korea, 2014
- ✓ International Coaches Course WTF KHU (Poomsae), from Kyunghee University, South Korea in 2011
- ✓ International Coaches Course WTF KHU, from Kyunghee University, South Korea in 2008.
- ✓ Kukkiwon Black Belt 5th Dan (WTF, South Korea).
- ✓ International Referee in Kyorugi (Fighting), WTF
- ✓ International Referee in Poomsae (Pattern), WTF
- ✓ World Taekwondo Hanmadang Referee, Kukkiwon (World Taekwondo Headquarter) South Korea, 2014.
- ✓ T.F.I Approved Coach.
- ✓ Six week Certificate Course in Taekwondo, 2004, SAI, Bangalore.

ACHIEVEMENTS IN INTERNATIONAL LEVEL AS A PLAYER

- Participated in **5th Commonwealth Taekwondo Championships** held at Chennai, India, 2011 and **secured first ever Bronze Medal in Senior Individual Category for J&K State in International Level Championships.**
- Participated in **2nd Asian Taekwondo Poomsae Championship** held at Hochi Minh City, Vietnam, 2012, and **secured 5th Position in Senior Pair Category for J&K State.**
- Participated in **2nd Asian Taekwondo Poomsae Championship** held at Hochi Minh City, Vietnam, 2012, and **secured 7th Position in Senior Individual Category for J&K State.**

- Participated in **4th WTF World Taekwondo Poomsae Championships** held at **Cairo,(Egypt)**, 2009.
- Participated in **5th WTF World Taekwondo Poomsae Championships** held at **Tashkent, Uzbekistan**, 2010.
- Participated in **6th WTF World Taekwondo Poomsae Championships** held at **Vladivostok, Russia**, from 29 to 31 July 2011.
- **Participated in 8TH WTF World Taekwondo Poomsae Championships** held at Bali, **(Indonesia)**, from 31st Oct to 3rd Nov, 2013.
- **Participated in 2016 World Taekwondo Hanmadang Championships** held at Pokhara, **Nepal**, from 27th to 29th February, 2016 and **secured Silver Medal** in Senior Individual 30 to 40yrs age group.
- **Participated in RAW Taekwondo International Championships** held at Glasgow, Scotland on 3rd April, 2016 and **secured Gold Medal** in Senior Individual 30 to 40 age group.
- **Participated in 8th England Open International Taekwondo Championships** held at Menchester, United Kingdom on 1st May, 2016 and **secured Gold Medal** in Senior Individual 18 to 35 age group and also **adjudged Best player of the championships**
- Selected for **2nd WTF World Taekwondo Poomsae Championships** held at **Incheon (Korea)**, 2007.
- Selected for **3rd WTF World Taekwondo Poomsae Championships** held at **Ankara, (Turkey)**, 2008.
- Selected for **7TH WTF World Taekwondo Poomsae Championships** held at **Tunja, (Colombia)**, 2012.
- Selected for **9TH WTF World Taekwondo Poomsae Championships** held at **Mexico**, 2014.

- Selected for **3rd Asian Taekwondo Poomsae Championship** held at Tashkent, Uzbekistan, 2014
- Selected for **3rd Korea Open Taekwondo Championships** held at **Incheon (Korea)** 2007.
(Due to Financial Problems not participated above mentioned few Championships)

PARTICIPATION AS A TECHNICAL OFFICIAL IN INTERNATIONAL EVENTS

- Australian Open International Taekwondo Championships (G-2), 2015, Melbourne, Australia from 26th to 28th June, 2015 as International Referee.
- Oceania Taekwondo Championships, 2015, Melbourne, Australia on 29th June, 2015 as International Referee.
- Belgian Open International Taekwondo Championships (G-1) 2016, held at Lommel, Belgian from 18th to 20th march, 2016 as International Referee.
- RAW Taekwondo International Championships, 2016 held at Glasgow, Scotland, as International Referee.
- 8th England Open International Taekwondo Championships, 2016 held at Menchester, United Kingdom, as International Referee.
- 3rd Lusofonia Games, 2014. Goa, India from 18th to 29th January, 2014 as International Referee.
- 2nd Mount Everest Open International Taekwondo championship 2014. Kathmandu, Nepal as International Referee.
- 1st Mount Everest International Taekwondo Championship 2011. Kathmandu, Nepal from 22-09-11 to 24-09-11 as International Referee.
- 1ST India Open International Taekwondo Championship 2010, Chennai India as International Referee.
- Selected for 21st US Open International Taekwondo Championships from 21st to 24th February, 2012, Las Vegas, Nevada, USA.

- Selected for Canada Open International Championships & 1st World Para Open International Taekwondo Championships from 10th to 13th May, 2012, Toronto, Canada.

PARTICIPATION AS A COACH IN INTERNATIONAL EVENTS

- Participated in **6th Asian Junior Taekwondo Championship** held at Hochi Minh City, Vietnam, 2012, as a Coach.

ACHIEVEMENTS IN NATIONAL LEVEL AS A PLAYER

- Participated in 3rd Senior Taekwondo Poomsae National Championships held at Banglore from 22nd to 24th June 2008 and **secured Gold Medal in Individual event.**
- Participated in 3rd Senior Taekwondo Poomsae National Championships held at Banglore from 22nd to 24th June 2008 and **secured Bronze Medal in Group event.**
- Participated in 4th Senior Taekwondo Poomsae National Championships held at Surat, Gujrat from 13th to 15th May 2010 and **secured Gold Medal in Individual event.**
- Participated in 4th Senior Taekwondo Poomsae National Championships held at Surat, Gujrat from 13th to 15th May 2010 and **secured Gold Medal in Pair event.**
- Participated in 5th Senior Taekwondo Poomsae National Championships held at Guwahati, Assam from 6th to 7th April, 2012 and **secured Gold Medal in Individual event.**
- Participated in 5th Senior Taekwondo Poomsae National Championships held at Guwahati, Assam from 6th to 7th April, 2012 and **secured Gold Medal in Group event.**

- Participated in 6th Senior Taekwondo Poomsae National Championships held at Imphal, Manipur from 19th to 21st September, 2013 and **secured Gold Medal in Individual event.**
- Participated in 7th Senior Taekwondo Poomsae National Championships held at Jaipur, Rajasthan from 2nd to 5th September, 2014 and **secured Gold Medal in Senior-2 Individual event.**
- Participated in 1st Inter-Zone National Taekwondo Poomsae Championships held at Bangalore on 12th to 13th January 2011 and **secured Gold Medal in Individual event.**
- Participated in 1st Inter-Zone National Taekwondo Poomsae Championships held at Bangalore on 12th to 13th January 2011 and **secured Bronze Medal in Pair event.**
- Participated in 1st Inter-Zone National Taekwondo Poomsae Championships held at Bangalore on 12th to 13th January 2011 and **secured Bronze Medal in Team event.**
- Participated in National Taekwondo Kyorugi/Poomsae Championships for medalists held at Bhopal, Madhya Pradesh from 18th to 24th January, 2013 and **secured Gold Medal in Individual event.**
- Participated in Open National Taekwondo Championships held at Jaipur, Rajasthan and **secured Gold Medal in Individual event.**
- Participated in Open National Taekwondo Championships held at Jaipur, Rajasthan and **secured Gold Medal in Team event.**
- Participated in 1st North-Zone Taekwondo Poomsae Championships held at Jammu, J&K from 3rd to 5th December, 2010 and **secured Gold Medal in Individual event.**
- Participated in 1st North-Zone Taekwondo Poomsae Championships held at Jammu, J&K from 3rd to 5th December, 2010 and **secured Gold Medal in Pair event.**
- Participated in 1st North-Zone Taekwondo Poomsae Championships held at Jammu, J&K from 3rd to 5th December, 2010 and **secured Gold Medal in Team event.**

- Participated in 2nd North-Zone Taekwondo Poomsae Championships held at Chandigarh from 24th & 25th Dec, 2011 and **secured Gold Medal in Individual event.**
- Participated in 2nd North-Zone Taekwondo Poomsae Championships held at Chandigarh from 24th & 25th Dec, 2011 and **secured Silver Medal in Pair event.**
- Participated in 2nd North-Zone Taekwondo Poomsae Championships held at Chandigarh from 24th & 25th Dec, 2011 and **secured Silver Medal in Group event.**
- Participated in 3rd North-Zone Taekwondo Poomsae Championships held at Yamuna Nagar, Haryana from 8th to 10th February, 2013 and **secured Gold Medal in Individual event.**
- Participated in 3rd North-Zone Taekwondo Poomsae Championships held at Yamuna Nagar, Haryana from 8th to 10th February, 2013 and **secured Gold Medal in Group event.**
- Participated Four Senior National Taekwondo Championships in year 2001, 2003, 2004 at Kolkata, Bangalore & Guwahati.
- Participated Seven Sub Junior & Junior National Taekwondo Championships in year 1994, 1996, 1998, 1999, 2000, 2002 at Bhopal, Ludhiana, Lucknow, Lucknow, Bangalore, Bangalore & Kerela.
- Participated in Seven State Taekwondo Championships held at Jammu and got **Seven Gold Medals and Four time Best Player Award.**

WUSHU

- Participated in 10th Senior National Wushu Championship held at NDMC Indoor Stadium, New Delhi from January 10th to 13th 2001 and **secured BRONZE Medal in Sanshou (Fighting Event).**

- Participated in Junior National Wushu Championship held at Lal Bhadur Indoor Stadium, Hyderabad from 10th to 15th February 2003 and **secured Silver Medal in Sanshou Event.**
- Participated in 2nd Central Zone Wushu Championships held at Green Park Auditorium, Kanpur (U.P.) from April 30th to May 2nd, 1999 and **secured 3rd place.**
- Also Participated in three Senior National Wushu Championships in year 2003, 2004 & 2005 at Chennai, Jharkhand & Lucknow.
- Participated in Two State Wushu Championships held at Jammu in year 2003 & 2004 and **won Two Gold Medals** in both Championships.

KARATE

- Participate in National Karate Championship held at Chandigarh , 1991 and **secured Gold Medal.**
- Participated 2nd Open North India full contact Karate-do Championships held at Chandigarh from 1st & 2nd of October 1994 and **secured Gold Medal.**
- Participated National Karate Championships held at KRM D.A.V College, Nakodar (Pun.) from 25th to 27th Aug. 2000 and **secured Gold Medal.**
- Participated All India Men/Women Karate Championships 2005-06 held at Bhalana, Chandigarh from 25th to 26th December, 2005 and **secured Gold Medal.**

KICK BOXING

- Participated 11th National Kickboxing Championships held at Hans Raj Stadium, Jallander (Punjab) from 5th to 8th June 2003 **secured Gold Medal.**
- Selected for **World Kickboxing Championships** held at **Crimea (Ukraine) and Paris (France in year 2003.**

JUDO

- Participated in the J&K State open Judo Championship at M.A. Stadium Jammu in 1995 and **secured Bronze Medal.**

- Participated in the Inter- College Judo Championship at Kashmir University in 2013 and **Secured Silver Medal.**

BOXING

- Participated in the J&K State Open Boxing Championship at M.A. Stadium Jammu in 2002 and **secured Bronze Medal.**
- Participated in the Jammu District Boxing Championship at M.A Stadium Jammu in 2002 and **secured Gold Medal.**

PARTICIPATION AS A TECHNICAL OFFICIAL IN NATIONAL EVENTS

- 25th Junior National Taekwondo Championships 2005, Imphal, Manipur.
- 26th Junior National Taekwondo Championships 2006, Thiruvananthapuram, Kerala.
- 26th Senior National Taekwondo Championships 2007, Vishakhapatnam, Andhra Pradesh.
- 25th Sub-Junior National Taekwondo Championships 2007, Bhopal, Madhya Pradesh.
- 28th Junior National Taekwondo Championships 2008, Rajiv Gandhi, Indoor Stadium, Puducherry.
- 2nd CBSE Inter School West Zone Taekwondo Championship 2007-08, Ajmer, Rajasthan.
- 2nd CBSE Inter School North Zone-II Taekwondo Championship 2007-08, Amritsar (Punjab).
- CBSE Inter School National Taekwondo Championship 2007-08, Jaipur, Rajasthan.
- 3rd CBSE Inter School North Zone-I Taekwondo Championship 2009-10, New Delhi as a Chief Referee.
- 6th National Open Taekwondo Championship, 2009, Nanded, Maharashtra.

- 29th Junior National Taekwondo Championships 2009, Tau Devi Lal Stadium, Panchkula, Haryana.
- 28th Senior National Taekwondo Championships 2009, Bangalore
- 4th National Taekwondo Poomsae Championships, 2010, Surat, Gujrat.
- 3rd South Zone Inter State Taekwondo Championship, 2010, Bangalore.
- 29th Senior National Taekwondo Championships 2010, Chattisgarh.
- 1st Inter-Zone National Taekwondo Poomsae Championships held at Bangalore on 12th to 13th January 2011
- 34th National Games, 2011 at Ranchi, Jharkhand.
- 5th Open National Taekwondo Championships 2011 held at Bilaspur, Haryana.
- 30th Senior National Taekwondo Championship 2012, at New Delhi from 15th to 17th Feb, 2012.
- 31st Sub-Junior National Taekwondo Championships 2013, Pune, Maharashtra.
- 33rd Junior National Taekwondo Championships 2013, Pudduchery.
- 35th National Games, 2015 at Kerala.
- 34th National Junior Taekwondo Championships 2015 at Vishakhapatnam, Andra Pardesh.
- Open National Taekwondo Championship 2015 at Jaipur, Rajasthan.
- 2nd National Cadet Taekwondo Championship 2015, at Hyderabad, Telegana from 31st July to 2nd Aug, 2015.
- 33rd National Sub Junior Taekwondo Championship 2015, at Bilaspur, Chattisgarh from 5th to 7th November, 2015.
- 34th National Senior and 35th Junior Taekwondo Championships 2015, at Cuttack, Orissa from 16th to 18th December, 2015.

- Selection trials for SAF Games, 2016, at Sports Authority of India, Aurangabad, Maharashtra as a **Arbitration Board Member**.
- 61st School National Games, Taekwondo Event, at Balawadi Sports complex, Pune, Maharashtra from 3rd to 7th February, 2016.

PARTICIPATION AS A COACH

- 20th Sub-Junior National Taekwondo Championships 2002 Margao, Goa.
- 23rd Junior National Taekwondo Championships 2003, Bhopal.
- 22nd Sub-Junior National Taekwondo Championships 2004, Lucknow.
- 24th Junior National Taekwondo Championships 2004, Chennai.
- 24th Senior National Taekwondo Championships 2005, New Delhi.
- 23rd Sub-Junior National Taekwondo Championships 2005, Mumbai.
- 25th National Senior Taekwondo Championship, 2006, Chennai.
- 27th Junior National Taekwondo Championships 2007, Margoa, Goa.
- 5th National Open Taekwondo Championships, 2008, Sree Kanteerava Indoor Stadium, Bangalore.
- 27th Senior National Taekwondo Championships 2008, PAP, Indoor Stadium, Jalandhar Cantt., Punjab.
- 26th Sub- Junior National Taekwondo Championships, 2008, Mini Stadium, Rajajipuram, Lucknow.
- 27th Sub- Junior National Taekwondo Championships, 2009, Vishakhapatnam, Andra Pradesh.
- 55th National School Games Taekwondo Championships, 2009-10, Margao, Goa.
- 56th National School Games Taekwondo Championships, 2010-11, Mumbai.

- 30th Sub Junior National Taekwondo Championship, 2012-13, Lucknow.
- 58th National School Games Taekwondo Championships, 2012-13, New Delhi.

PARTICIPATION IN THE TRAINING SEMINARS

- Attended Poomsae and Fighting Techniques Seminar conducted at Sree Kanteerava Indoor Stadium, Bangalore, November 20th–22nd, 2003.
- Attended Poomsae and Judges Seminar conducted at Salem, Tamilnadu, 2004.
- Attended Advance Fighting Technique Course conducted in accordance with the World Taekwondo Federation Rules from 30.08.2007 to 01.09.2007 at Swarnabharati Indoor Stadium, Visakhapatnam, Andhra Pradesh.
- Attended Poomsae Seminar conducted at Sree Kanteerava Indoor Stadium, Bangalore, June 19th to 21st, 2008.
- Attended Olympic Soliditory Taekwondo Training Programme for Coaches under the aegis of WTF & IOC for ten days at Kanteerava Indoor Stadium, Bangalore, 2009.
- Attended International Referee Seminar for Kyorugi under the aegis of World Taekwondo Federation at Sree Kanteerava Indoor Stadium, Bangalore, 2009.
- Attended Taekwondo Poomsae Training Seminar /National Judge Seminar under the aegis of World Taekwondo Federation at Sree Kanteerava Indoor Stadium, Bangalore, 2010.
- Attended International Referee Seminar for Poomsae under the aegis of World Taekwondo Federation at Sree Kanteerava Indoor Stadium, Bangalore, 2011.

- Advance Training in Bangkok,Thailand before 8th World Taekwondo Poomsae Championships.
- Attended Kukkiwon Foreign Instructor Training Seminar and Hanmadang International Referee Seminar at Kathmandu, Nepal, 2014.
- Attended International Training in Grandmaster Vohra's Academy, Nottingham, United Kingdom, 2016.

PARTICIPATION AS A INSTRUCTOR IN NATIONAL REFEREE SEMINAR

- National Referee/ Refresher Seminar at Udaipur, Rajasthan as a Instructor appointed by TFI.
- National Referee/ Refresher Seminar at Chandigarh as a Instructor appointed by TFI

EXTRA CURRICULUM ACTIVITIES

- Secured Second place in preparing a project report on South Asian Games, Colombo, Sri Lanka 2006.organised by Sports Authority of India, Southern Centre, Banglore.
- Secured First place with cash prize in Hindi Debate Competition organized by Sports Authority of India, Southern Centre, Banglore

ACHIEVEMENTS AS A COACH OF J&K TEAM

- Mohd Saud Bhat won Bronze Medal in Junior Commonwealth Taekwondo championships in 2011 and also won Gold medal in National Interzone Taekwondo championships at Banglore.
- J&K Team improved in 4th Taekwondo Poomsae Championships as they dominated by winning 4 Gold medals in the senior category and clinched **overall 1st position.**
- J&K Taekwondo team participated in the 5th National Taekwondo Poomsae championship in Guwahati, Assam and **Won Winners trophy** in Junior Boys team and Junior Girls team and also **Won Runners up trophy** in Senior Men team division with total 10 Gold, 3 Silver and 2 Bronze medals.
- State team **Won Overall 1st Position** in 2nd North Zone Taekwondo Championships at Jammu, 2010 and **Won 2nd Position in 3rd North Zone** Taekwondo Championships at Chandigarh with 55 medals in various Categories

includes 3 Gold, 16 Silver & 39 Bronze medals and **Won overall Runners Up Trophy** in 4th North Zone Taekwondo Championships at Haryana with 3 Gold 16 Silver and 39 Bronze medals and also **Won Overall 3rd Position** in National Inter Zone at Banglore, 2011.

- 2 players participated in 4th world Taekwondo Poomsae championship held in Cairo, Egypt and 3 players participated in 5th World Taekwondo Poomsae championship held in Uzbekistan in 2010 and in 2011.
- 2 Players Manpreet Singh and Zaheer Abbass participated in 1st Mount Everest Taekwondo Championship in Kathmandu, Nepal, 2011.
- Mohd. Ali conferred Sher I Kashmir Sports award (Silver Medal) in 2010.
- 5 students conferred Sher I Kashmir award namely Mohd. Saud Bhat (Silver Medal) Brinder Singh, Arjun Gupta (Bronze Medal), Kapil and Zaheer Abbass (Consolation Prize) in 2014.
- More than 50 National Medalists players

(ATUL PANGOTRA)