

ACHIEVEMENTS OF PUNJAB POLICE TAEKWONDO TEAM

Senior National Championship held at Vishakhapatnam
from 18.01.2007 to 21.01.2007

1. Ct.Rakesh Mohan 3rd in Heavy Weight

33rd National Games held at Guwahati from 09.02.2007 to 18.02.2007.

1. Ct.Shiv Kumar 1st in Feather Weight

Taekwondo

Senior National Championship held at Vishakhapatnam from 25.10.07 to 28.10.07.

1. Ct. Shingara Mattu 1st in +84 Heavy Weight
2. Ct. Shiv Kumar 2nd in 62-67 Feather Weight
3. Ct. Rakesh Mohan Participation

2008

Taekwondo

Senior National Championship held at Jalandhar
from 17.10.08 to 19.10.08

1. Ct. Shingara Mattu 3rd
2. Ct. Shiv Kumar Participation

Taekwondo

National Open Junior & Senior Championship held at Chandigarh from 16.01.2009 to
18.01.09

1. Ct. Shiv Kumar 1st
2. Ct. Shingara Mattu 1st
3. Ct. Rakesh Mohan 2nd

North Zone Championship held at Jalandhar from 27.11.09 to 29.11.09

1. Ct. Shiv Kumar 1st
2. Ct. Rakesh Mohan 2nd

28th Senior National Taekwondo Championship held at Bangalore from 09.01.10 to
10.01.10

1. Ct. Shingara Mattu 3rd

Senior National Championship held at Ranchi from 11.06.2010 to 14.06.2010

Asian Games held at Incheon (South Korea)
from 19.09.2014 to 04.10.2014

1. HC Shiv Kumar Participation

Taekwondo

2nd Invitational Open National Championship held at New Delhi
from 11.05.2016 to 12.05.2016

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| 1. | ASI Shiv Kumar | 2nd |
| 2. | CT Shingara Mattu | 3rd |
| 3. | CT Harpreet Singh | 3rd |
| 4. | CT Guriqbal Singh | 3rd |