

Competitors and Poomsae

Bikarmót I Poomsae 2025-2026

1 Afturelding							Recognized Poomsae			Freestyle	
No.	ID no.	Surname	M/F	Grade	Class	Individual	Pair	Team	Individual	Pair	Mixed team
1	1	Odinn Isar Asgeirsson	M.	5th Kup	C	Minior T3					
2	2	Gudni Fridmar J. Asmundsson	M.	1st Dan	A	Junior		Team Undir 30	(1)		
3	3	Finnur Pall Freeman Magnusson	M.	8th Kup	C	Minior T1	Para Minior T1	(8)			
4	4	Snorri Freyr Gudmundsson	M.	9th Kup	C	Minior T2					
5	5	Sigurdur Mani Gudmundsson	M.	1st Dan	A	Undir 30		Team Undir 30	(1)		
6	6	Dagbjort Hekla Gunnarsdottir	F	7th Kup	C	Minior T2	Para Minior T2	(18)			
7	7	Hrafn Gudmundur Helgason	M.	8th Kup	C	Minior T2	Para Minior T2	(20)			
8	8	Matthildur Hildigunnardottir	F	10th Kup	C	Minior T1	Para Minior T1	(6)			
9	9	Anna Idunn Hjorvarsdottir	F	9th Kup	C	Minior T1	Para Minior T1	(6)			
10	10	Haraldur Svan Johannesson	M.	7th Kup	C	Minior T2	Para Minior T2	(18)			
11	11	Hilmar Birgir Larusson	M.	1st Kup	A	Junior	Para Junior	(8)	Team Undir 30	(1)	
12	12	Baldur Orri Moller	M.	8th Kup	C	Minior T2	Para Minior T2	(20)			
13	13	Sverrir Arni Omarsson	M.	9th Kup	C	Minior T1	Para Minior T1	(8)			
14	14	Elly Gudrun Sigurdardottir	F	1st Dan	A	Junior	Para Junior	(8)			
15	15	Orri Edward Sigurdarson	M.	7th Kup	C	Minior T2	Para Minior T2	(17)			
16	16	Jakob Hrannar Snorrason Hansen	M.	8th Kup	C	Minior T2	Para Minior T2	(17)			
17	17	Wiktor Sobczynski	M.	3rd Dan	A	Undir 30					

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2 Armann							Recognized Poomsae			Freestyle	
No.	ID no.	Surname	M/F	Grade	Class	Individual	Pair	Team	Individual	Pair	Mixed team
1	18	Ernir Freyr Arason	M.	9th Kup	C	Minior T1					
2	19	Gudmundur Isar Atlason	M.	4th Kup	B	Cadet					
3	20	Eythor Atli Reynisson	M.	4th Dan	A	Undir 30					
4	21	Gudni Freyr Hallsson	M.	7th Kup	C	Cadet					
5	22	Emil Snaer Hjaltason	M.	7th Kup	C	Minior T1					
6	23	Jakob Smari Hjaltason	M.	2nd Kup	B	Minior	Para Minior	(1)			
7	24	Petur Arnar Kristinsson	M.	2nd Dan	A	Yfir 50					
8	25	Marius Ostergaard Larusson	M.	9th Kup	C	Minior T1					
9	26	Eva Modzelewska	F	3rd Kup	B	Minior	Para Minior	(1)			
10	27	Ragnar Thor Sverrisson	M.	3rd Kup	B	Minior					
11	28	Jon Have Kaldal Thorbjarnarson	M.	9th Kup	C	Minior T1					

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3 Bjork Taekwondo							Recognized Poomsae			Freestyle	
No.	ID no.	Surname	M/F	Grade	Class	Individual	Pair	Team	Individual	Pair	Mixed team
1	29	María Lovísa Bjarkardóttir	F	8th Kup	C	Minior					
2	30	Egill Cabrera	M.	5th Kup	C	Cadet	Para Cadet	(4)			
3	31	Victor Atlas Danielsson Cabrera	M.	6th Kup	C	Minior	Para Cadet	(4)			
4	32	Alicja Grzegorzewska	F	1st Kup	B	Junior	Para Junior	(7) Team Junior	(5)		
5	33	Marharyta Kotvytska	F	3rd Kup	B	Minior					
6	34	Briana Osk Petursdottir	F	4th Kup	B	Cadet	Para Cadet	(11) Team Junior	(5)		
7	35	Hrafnhildur Rafnsdottir	F	2nd Kup	B	Undir 30					
8	36	Olivia Slomka	F	4th Kup	B	Junior	Para Junior	(7) Team Junior	(5)		
9	37	Damian Tomalak	M.	4th Kup	B	Cadet	Para Cadet	(11)			

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4 IR							Recognized Poomsae			Freestyle		
No.	ID no.	Surname	M/F	Grade	Class	Individual	Pair	Team	Individual	Pair	Mixed team	
1	38	Sigurbjorn Mani Asgeirsson	M.	3rd Kup	B	Cadet	Para Cadet	(9)				
2	39	Tomas Geir Axelsson	M.	5th Kup	C	Cadet						
3	40	Oli Mar Hrolfsson	M.	1st Kup	B	Undir 50						
4	41	Aino-Katri Karinen	F	2nd Dan	A	Undir 50	Para Yfir 30	(3)				
5	42	Mikael Thor Santi Mikaelsson	M.	1st Dan	A	Junior		Team Junior	(9)			
6	43	Endrit Morina	M.	5th Kup	C	Minior T5	Para Minior	(?)				
7	44	Axel Freyr Thorkelsson	M.	1st Dan	A	Junior	Para Junior	(7)	Team Junior	(9)		
8	45	Aria Alexandra S. Thorsteinsson	M.	5th Kup	C	Cadet						
9	46	Anna Suryati Tjhin	F	1st Dan	A	Undir 50	Para Junior	(7)				
10	91	Aria Alexandra S. Thorsteinsson	F	5th Kup	B		Para Cadet	(9)				
11	92	Oli Mar Hrolfsson	M.	1st Kup	A		Para Yfir 30	(3)	Team Junior	(9)		

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5 Keflavík							Recognized Poomsae			Freestyle	
No.	ID no.	Surname	M/F	Grade	Class	Individual	Pair	Team	Individual	Pair	Mixed team
1	47	Athena Yr Agustsdottir	F	7th Kup	C	Minior T2	Para Minior T2	(15)			
2	48	Maja Bekielewska	F	8th Kup	C	Minior T2	Para Minior T2	(14)			
3	49	Fjola Sif Farestveit	F	7th Kup	C	Junior	Para Undir 30	(3)			
4	50	Heida Dis Helgadottir	F	4th Kup	B	Cadet	Para Cadet	(10) Team Cadet	(4)		
5	51	Vignir Noi Helgason	M.	3rd Kup	B	Minior	Para Cadet	(12)			
6	52	Gabriella Libertye	F	4th Kup	B	Cadet	Para Cadet	(12) Team Cadet	(4)		
7	53	Jovana Mrdanov	F	7th Kup	C	Undir 30	Para Undir 30	(3)			
8	54	Lukas Freyr Pagliaro	M.	6th Kup	C	Minior T3	Para Minior T2	(14)			
9	55	Gabriela Mjoll Hansen Petursdottir	F	7th Kup	C	Minior T2	Para Minior T2	(15)			
10	56	Mikael Snaer Petursson	M.	3rd Kup	B	Junior	Para Junior	(6)			
11	57	Lara Karitas Stefansdottir	F	4th Kup	B	Cadet	Para Cadet	(10) Team Cadet	(4)		
12	58	Oliwia Waszkiewicz	F	4th Kup	B	Junior	Para Junior	(6) Team Junior	(6)		
13	97	Vignir Noi Helgason	F	3rd Kup	B			Team Junior	(6)		
14	98	Mikael Snaer Petursson	F	3rd Kup	B			Team Junior	(6)		

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6 KR							Recognized Poomsae			Freestyle		
No.	ID no.	Surname	M/F	Grade	Class	Individual	Pair	Team	Individual	Pair	Mixed team	
1	59	Bjartur Adalsteinsson	M.	1st Kup	B	Junior						
2	60	Margret Elianna Kara Arnaldardottir	F	8th Kup	C	Minior T2	Para Minior T2	(16)				
3	61	Hrafney Myrk Arnarsdottir	F	4th Kup	B	Minior						
4	62	Hugi Josep Arnarsson Wagner	M.	6th Kup	C	Minior T3	Para Minior T3	(3)				
5	63	Kristbjorg Osk Atladottir	F	8th Kup	C	Minior T1						
6	64	Oskar Hugi Dadason	M.	6th Kup	C	Minior T3	Para Minior T3	(3)				
7	65	Prasun Tiwari Duwadi	M.	4th Kup	B	Cadet						
8	66	Roza Malgorzata Fraczyk	F	8th Kup	C	Minior T3	Para Minior T2	(16)				
9	67	Ari Thor Riggott	M.	6th Kup	C	Cadet						
10	68	Haukur Thor Riggott	M.	6th Kup	C	Minior T3						
11	69	Bryndis Eir Sigurjonsdottir	F	1st Poom	A	Junior						

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7 Team FRAM							Recognized Poomsae			Freestyle	
No.	ID no.	Surname	M/F	Grade	Class	Individual	Pair	Team	Individual	Pair	Mixed team
1	70	Arnar Freyr Birgisson	M.	2nd Kup	B	Junior	Para Junior	(8)			
2	71	Thorsteinn Hilmar Bjarkason	M.	10th Kup	C	Minior T1	Para Cadet	(6)			
3	72	Nojus Gedvilas	M.	2nd Kup	B	Junior	Para Junior	(8)			
4	73	Olafia Sigridur Halldorudottir Kroyer	F	10th Kup	C	Minior T1	Para Minior T1	(7)			
5	74	Benedikt Cesar Kristmundsson	M.	9th Kup	C	Cadet	Para Cadet	(6)	Team Cadet	(3)	
6	75	Emilia Bjork Magnusdottir	F	8th Kup	C	Minior T2	Para Minior T2	(19)			
7	76	Brynja Bjork Orradottir Knieriem	F	9th Kup	C	Minior T2	Para Minior T2	(19)			
8	77	Wakin Lucas Reyes	M.	7th Kup	C	Cadet	Para Cadet	(5)	Team Cadet	(3)	
9	78	Joanna Wrzoskiewicz	F	10th Kup	C	Minior T1	Para Minior T1	(7)			
10	95	Kawsar Karimi	F	9th Kup	C		Para Cadet	(5)			
11	96	Kawsar Karimi	M.	9th Kup	C	Cadet			Team Cadet	(3)	

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8 Team Selfoss						Recognized Poomsae			Freestyle		
No.	ID no.	Surname	M/F	Grade	Class	Individual	Pair	Team	Individual	Pair	Mixed team
1	79	Ivan Berkis	M.	9th Kup	C	Minior T4					
2	80	Loftur Gudmundsson	M.	1st Dan	A	Junior		Team Junior	(8)		
3	81	Runar Snaer Jonasson	M.	7th Kup	C	Cadet					
4	82	Veigar Olversson	M.	1st Dan	A	Junior		Team Junior	(8)		
5	83	Ingibjorg Laufey Ragnarsdottir	F	1st Dan	A	Junior	Para Junior	(9) Team Junior	(1)		
6	84	Ulfur Darri Sigurdsson	M.	1st Dan	A	Junior	Para Junior	(9) Team Junior	(8)		

9 TKO							Recognized Poomsae			Freestyle	
No.	ID no.	Surname	M/F	Grade	Class	Individual	Pair	Team	Individual	Pair	Mixed team
1	85	Viktor Kari Albertsson	M.	1st Poom	A	Cadet					
2	86	Solborg Gudmundsdottir	F	1st Dan	A		Para Undir 30	(4)			
3	87	Egill Kari Gunnarsson	M.	3rd Dan	A	Undir 30	Para Undir 30	(4)			
4	88	Rurik Kristjansson	M.	4th Kup	B	Minior					
5	94	Solborg Gudmundsdottir	M.	1st Dan	A	Undir 30					

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10 Þór							Recognized Poomsae			Freestyle	
No.	ID no.	Surname	M/F	Grade	Class	Individual	Pair	Team	Individual	Pair	Mixed team
1	89	Óliver Máni Andrédsson	M.	10th Kup	C	Minior T1					
2	90	Klara Björk Björnsdóttir	F	4th Kup	B	Minior					