

Katherine Alvarado Araya



PERSONAL INFORMATION

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DOB: 27.03.1988

Marital Status: Single

PERFIL

I am a person of integrity, proactive, hardworking, full of goals and achievements to meet. I have experience in Taekwondo, empathy and customer service. I am also Federated License E # 2319, 4th Dan Kukkiwon # 05241020, 4th Dan National GAL License CRC-1101 and Assistant Coach of the National Poomsae Team.

EDUCATION

- | | |
|-------------|--|
| 2023 | Máster Sports Nutrition Tech Universidad Tecnológica (en proceso)
Afiliación |
| 2022 | Technician in Physical Preparation and Sports Performance Universidad San José |
| 2021 | WT Level I
Power Up - Poténciate Athlete365 Career |
| 2020 | Diploma in Sports Nutrition Universidad Orthos
Sports Administration COI
Basic Tools for the Current Taekwondo Trainer (Diploma) |

Cursos:

- 2023** Federated Licence
WT Coach Certification Course [Level II]
Psychological preparation for Taekwondo athletes
- 2022** Federated Licence
Professional Development for Coaches PANAM SPORTS
- 2022** Basic First Aid INAO
Basic First Aid OMI 113
- 2021** PanAm High Performance Coach 1
- 2020** Sport Psychology & Nutrition (webinar)
Basic Tools for the Current Taekwondo Trainer Level 3

IDIOMAS

- Spanish
- English
- French (20%)
- Portuguese (20%)

EXPERIENCE

- 2023** **Active member of PATU Education** (Educator of the Pan American Taekwondo Union).
WTAC 2023-2027
- 2022 _ 2023** **Taekwondo Trainer CCCR Escazú.**
- Assistant Coach Poomsae National Teams (Children, Cadet, Junior & Senior)**
2 classified and 1 Silver Medal in National Sports Games.
Enter 5 athletes in the National Team, in the branches of Poomsae and Kyourugui
CNE5 October 2022: 32 Medals (14 Gold, 15 Silver & 3 Bronze)
Children's Pan American and Open G October 2022: 13 Medals (9 Gold, 1 Silver & 3 Bronze)
CNE4 September 2022: 41 Medals (21 Gold, 16 Silver & 4 Bronze)
XIV Costa Rica Open August 2022: 26 Medals (15 Gold, 8 Silver & 3 Bronze)

Korea Ambassador Cup July 2022: 36 Medals (14 Gold, 13 Silver & 9 Bronze)

Panam Series II Cadet, Junior & Senior July 2022: 27 Medals (9 Gold, 10 Silver & 8 Bronze)

CNE2 May 2022: 17 Medals (5 Gold, 10 Silver & 2 Bronze)

In Neh Kwan Championship May 2022: 16 Medals (4 Golds, 6 Silvers & 7 Bronzes)

2021 – 2022 Trainer Kenn Do San Antonio Taekwondo School

2020 – 2021 Assistant Coach Kyorugui National Teams Cadet & Junior

2012 - 2020 Trainer Virgen de Fátima Taekwondo School

SKILLS

- Taekwondo Experience
- Conflict Resolution
- Self Control
- Team Work
- Assertive communication
- Responsibility
- Leadership
- Competitiveness
- Perseverance
- Emphaty

ATHLETE REFERENCES

Nacional:

- Absolute National Champion Kyorugui -67 KG from 2002 to 2020.
- Champion in traditional poomsae recognized category U40 National Champion U40 2022
- National Level Achievements
- Gold National Championship
- From 2002 In Youth And Adult Until 2020

Internacional:

- 2020** Olympic Qualifier 7th Place 2020
Mexico Open 3rd Place 2020
- 2019** In Invitation Prelist GP Final Russia 2019
Korea Ambassador Cup 1st Place 2019
Grand Prix Series III 17th Place Sofia, Bulgaria 2019
Presidents Cup 7th Place Las Vegas, Nevada 2019
Grand Prix Series II 17th Place Chiba, Japan 2019
Grand Prix Series I Rome, Italy 2019
Pan American Open, Portland Oregon 2019, 5th Place
Manchester 2019 World Taekwondo Championships, 17th Place

CURRICULUM VITAE

Pan American Games Lima, Peru 9th Place 2019
Open De Mexico, 3rd Place 2019
Puerto Rico Open, 3rd Place 2019
National Championship 2019
Dominican Republic Open, 5th Place 2019
Qualified Pan American, Lima 2019
Cyprus Open 2nd Place 2019

2018

US Open 2018 5th Place
Named Athlete Of 2017 At The Colibri Awards In The Discipline Of
Women's Taekwondo
Classified To Central American And Caribbean Games Barranquilla 2018
3rd Place Mexico Open 2018
Austrian Open, 3rd Place
Central American and Caribbean Games, 2nd Place
Classification And Participation In The GP Moscow 2018
Crc Open 2018, 5th Place
Presidents Cup Las Vegas 5th Place 2018
Paris Insep Camp November 2018
Open De Paris 5th Place 2018
Grand Prix Series I 17th Place Rome, Italy 2018
Grand Prix Series II Invited Moscow, Russia 2018
Grand Prix Series III Guest Taoyuan, Chinese Taipei 2018
Grand Prix Series IV Guest Manchester, Great Britain 2018

2017

US Open 5th Place 2017
Gold Cup Tabasco Mexico 2017
Gold All American Challenge Chicago 2017
17th Place World Taekwondo Korea 2017
Grand Prix Series I 17th Place Moscow Russia 2017
2nd Place Russian Open 2017
3rd Crc Open 2017
Grand Prix Series li 17th Place Rabat, Morocco 2017
3rd Place Canada Open 2017
5th President's Cup 2017
Grand Prix Series III 17th Place London, Great Britain 2017
Grand Final Series 9th Place Abidjan, Cote Divoire 2017 Historic
Achievement In Taekwondo
Central American Games Mangua 2017, 1st Place

2016

CANADA OPEN 2016 3rd PLACE
Olympic Qualifier Rio De Janerio 2016, Aguascalientes Mexico 2016
Chicago Open 2016 1st Place
IX Costa Rica Open 2nd Place 2016

2015

SPANISH OPEN 2015 G1 9th PLACE 2015
STAGE MADRID 1 Week of Camp 2015

CURRICULUM VITAE

Currently Positioned 13 In The World In The Ranking Of The World
Taekwondo Federation

OPEN PARAGUAY G1 3rd PLACE 2015

MEXICO OPEN AGUASCALIENTES 2015 G1 3rd PLACE

OPEN BOLIVIA G1 2nd PLACE 2015

OPEN AUSTRALIA G2 5th PLACE 2015

WORLD CUP RUSSIA G12 9th PLACE 2015

PAN AMERICAN GAMES TORONTO G4 5TH PLACE 2015

Participation I GP Series G4, Moscow 2015

Participation II GP Series G4, Samsun, Turkey 2015

Participation III GP Series G4, Manchester 2015

OPEN CROATIA G1 9th PLACE 2015

OPEN PARIS G1 N/A PLACE (Event Canceled But Ranking Points
Distributed) 2015

CANADA OPEN TORONTO 2015 G1 2nd PLACE

US OPEN ORLANDO, FLORIDA G2 5th PLACE 2015

Qualified To Toronto 2015 Pan American Games

2014

CANADA OPEN G1 5th Place 2014

US OPEN LAS VEGAS, NEVADA G2 5th Place 2014

QUALIFIER (SANTO DOMINGO, DOMINICAN REPUBLIC) CENTRAL
AMERICAN AND CARIBBEAN VERACRUZ MEXICO 2014 2nd Place

DOMINICAN REPUBLIC OPEN G1 5th Place 2014

INVITED TO THE 1st GRAND PRIX OF TAEKWONDO TO BE HELD IN JULY
(CHINA) 2014

INVITED TO THE 2nd TAEKWONDO GRAND PRIX TO BE HELD IN AUGUST
(ASTANA, KAZAKHTAN) 2014

BOLIVIAN OPEN G1 2014 1st Place

OPEN OF THE AMERICAS COLOMBIA 2014 G1 2nd Place

OPEN COSTA RICA 2014 G1 5th Place

PAN AMERICAN TAEKWONDO AGUASCALIENTES MEXICO 2014 G4 2nd
Place

Camp CAR Brigitte&ramos Palma Mallorca, Spain 2014

Participation In The III Grand Prix Manchester G4 2014

CENTRAL AMERICAN AND CARIBBEAN GAMES VERACRUZ 2014 G1 3rd
Place

Named Best Taekwondo Athlete Of The Year For 2014

2013

US OPEN LAS VEGAS, NEVADA 5th Place 2013

Open Mexico, Gold 2013

Gold Central American Games San Jose Costa Rica 2013

USA Open Championship, Chicago Silver 2013

CAR La Loma World Camp July 2013

WORLD TAEKWONDO CHAMPIONSHIP PUEBLA, MEXICO 12th Place
2013

I OPEN ARGENTINA 5th Place 2013

Pan-american Open Queretaro, Mexico Bronze 2013

CURRICULUM VITAE

I saw Costa Rica Taekwondo Open, Bronze 2013
Training Camp Palma-mallorca, Spain November and December 2013
PARTICIPATION IN THE 1st GRAND PRIX OF TAEKWONDO FINAL (Only
The Best 32 Competitors In The World Of Each Category Are Invited To
This Event) Manchester
Named Athlete Of 2013 At The Colibri Awards In The Discipline Of
Women's Taekwondo

2012

USA OPEN CHAMPIONSHIP, CHICAGO GOLD (Beating the Brazilian
Qualified to the London 2012 Olympic Games)
South American Taekwondo Buenos Aires, Argentina GOLD 2012
Us Open Las Vegas, Nevada Participation 2012
Michigan Open, USA 2012 Gold

2011

Qualifier For The Pan American Games Peru 2011 Qualified
2011 Houston, Texas Open Championship
Selected Best Athlete 2010 by the Costa Rican Association of Sports
Journalists for the 2011 Colibri Awards
Pan American Games Guadalajara Mexico 2011 6th Place
Camp In The Car Of Barcelona 2011
Olympic Qualifier London, 2012 Queretaro, Mexico 2011 4th Place

2010

Costa Rica Open International Championship 2010 Gold
Central American and Caribbean MAYAGUEZ 2010 Bronze
Pan American Open Mexico 2010 Bronze
Open Colombia 2010 Bronze
Pan American Taekwondo Mexico 2010

2007

Pan American Qualifiers Rio Dominican Republic 2007 Silver
(Eliminating Current World Welterweight Champion Edna Diaz Mexico)
Taekwondo World Championship Beijing China 2007
Intensive Training For 10 Days In Centro Alto Redimiento Of Mexico
With National Teams Of Mexico, Iraq And Germany
Pan American Games Rio Janeiro Brazil 2007

2006

Best Athlete 2006 by Costa Rican Association of Sports Journalists 2007
Best Amateur Athlete 2004 by Costa Rican Association of Sports
Journalists 2005
Best Athlete 2005 by Costa Rican Association of Sports Journalists 2006
Central American Games Costa Rica 2006 Gold
Pan American Junior Aruba 2006 Silver
Central American and Caribbean Championship Colombia 2006
World University Taekwondo Championship Spain 2006

2005

CODICADER Central American Championship Salvador 2005 Gold
Central American Championship Guatemala 2005 Gold
7th International Ying Yang Cup 2005 Gold

2004

Panama Open Championship 2004 Gold
Codicader Central American Championship Nicaragua 2004 Gold
6th International Ying Yang Cup 2004 Gold
1st Central American and Caribbean Championship, El Salvador 2004
Bronze
XIV Pan American Taekwondo Championship Dominican Republic 2004
2004 Tampa Florida Open Junior Championship Gold
Tampa, Florida Open Championship 2004 Bronze

2003

Central American Championship Costa Rica 2003 Gold
5th International Ying Yang Cup 2003 Gold
Participation Las Vegas Open Championship, 2003

2002

4th International Ying Yang Cup 2002 Gold

COACH

COACH CERTIFICATIONS

Sports Psychology & Nutrition (Workshop)
Sports Nutrition Diploma Orthos University
Master in Sports Nutrition (Tech Technological University)
Sports Administration (IOC)
Basic Tools for the Current Taekwondo Trainer (Diploma)
WT International Coach Certification Course Level I
Federated License 2023, Rules of Competition and Interpretation of
Arbitration.
Affiliation Costa Rican Taekwondo Federation 2023
Technician in Physical Preparation and Sports Performance Universidad
San José

NATIONAL COACH RECORDS

- 2023** Assistant Coach Poomsae National Teams (Children, Cadet, Junior & Senior)
- 2022** Ccdr Escazú Trainer March 2022- March 2023
- 2021** **Assistant Coach Cadet and Junior National Teams**
Coach Kenn Do San Antonio Taekwondo School
- 2018** Director Myeongui Escazu Taekwondo School and Headquarters

COACH ACHIEVEMENTS CCDRES / MYEONGUI TAEKWONDO SCHOOL

- 2022** In Neh Kwan May 2022: 16 Medals (4 Golds, 6 Silvers & 7 Bronzes)
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CNE4 September 2022: 41 Medals (21 Golds, 16 Silvers & 4 Bronzes)

I Panamericano Infantil y Open G October 2022: 13 Medals (9 Golds, 1 Silver & 3 Bronzes)

CNE5 October 2022: 32 Medals (14 Golds, 15 Silvers & 3 Bronzes)

Manages have 5 athletes, cadets and juniors into the National Teams Poomsae, Kyorugi and Para Taekwondo.

REFERENCES

Wilmar Alvarado Castillo (506 8390 -70-77)
President FCT

María José Hernández (506 8519 -26-73)
General Secretary FCT