Haidar Muhammad Fathih of UPNVJ Wins Two National Taekwondo Championships in 2025 with High Technique and Discipline

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Public Relations of UPNVJ - Haidar Muhammad Fathih, a student of the Medical Study Program, Faculty of Medicine, Veteran National Development University Jakarta (UPNVJ), won two national taekwondo championship titles at the end of 2025. He won Second Place in the DKI Jakarta Taekwondo League Series and First Place in the KONI Cup Series 6 Indonesia Taekwondo Championship 2025. The competition, organized by the DKI Jakarta Indonesian Taekwondo Association, involved hundreds of athletes from various regions, demanding precision techniques, adaptive strategies, as well as physical and mental endurance to overcome opponents in the kyorugi category.

The DKI Jakarta Taekwondo League Series focuses on head-to-head combat that tests speed and accuracy of strikes, while the KONI Cup Series 6 emphasizes endurance in a national tournament format. Haidar managed to outdo his competitors through regular training four to five times a week, combining basic taekwondo techniques with defensive strategies to minimize injury. This achievement was achieved amidst a busy medical school schedule, with the support of UPNVJ's taekwondo club coaches who facilitated a balance between sports and academics.

Haidar's success highlights the potential of UPNVJ students in integrating sports with higher education. This competition not only builds personal resilience but also contributes to the development of young national athletes, in line with the target of developing high-achieving human resources in non-academic fields. With this achievement, Haidar has collected more than 10 taekwondo medals since joining the UPNVJ Taekwondo Student Activity Unit in 2024.

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