

Para Poomsae General Guidelines

This category is for athletes with a recognisable and verifiable impairment.

Events:

Events to be contested are:

- P10 – vision impairment (P11, P12)
- P20 – intellectual impairment (P21, P22, P23)
- P30 – neurological impairment (P31, P32, P33, P34, P35)
- P40 – physical impairment (P41, P42, P43, P44, P45)
- P50 – assistive technology (P51, P52, P53)
- P60 – Hearing impairment (P60)
- P70 – short stature (P72)

Para Individual Traditional Poomsae									
Gender	Male and Female								
Age Divisions	8-9	10-11	12-14	15-17	18-30	31-40	41-50	51-60	61+
Belt Level	Pattern #1				Pattern #2				
Yellow	Choice of Pattern (1)				Choice of Pattern (2)				
Blue									
Red									
Black									

Competition Rules:

- Athletes may perform two patterns of their own choice.
- Judging will be subjective using appropriately qualified judges who will give consideration to the performance on the day and the degree of difficulty, based on the severity and type of impairment.
- WT Competition Rules & Interpretation effective as of 24 August 2023 - [click here to view](#)
- WT Para-Taekwondo and Deaf-Taekwondo Classification Rules and Regulations, in force as of 24 August 2023 - [click here to view](#)

Classification Qualifications:

- Athletes competing for the first time do not need to have an official classification status to compete at a club or state level competition, however they must engage in the process to begin classification. An official classification status will be required prior to competing at their second state level competition and also competing at any National or International Para Taekwondo event.
- If an athlete has undergone an official classification and has received a 'not eligible' status, they will be unable to compete in any level of Para Taekwondo event.
- Further information regarding Classifications and Sport Classes can be obtained at [Australian Taekwondo Website - Para Taekwondo](#)
- Athletes with an intellectual impairment (P20) can begin the process of classification through Sports Inclusion Australia [Eligibility - Sport Inclusion Australia](#).
- Athletes with a vision impairment (P10) can begin the process of classification through Paralympics Australia [Vision Classification | Paralympics Australia](#).
- Athletes with a hearing impairment (P60) can begin the process of classification through Deaf Sport Australia [Classification - Deaf Sports Australia](#).
- Athletes with a physical impairment (P30, P40, P50, P70) can begin the process of classification through Australian Taekwondo [Physical Impairment - Australian Taekwondo \(austkd.com.au\)](#)
- If you have any questions regarding the different sports classes and/or classification please contact: para-tkd@austkd.com.au

Para Kyorugi General Guidelines

This category is for athletes with a recognisable and verifiable impairment.

Events:

Events to be contested are:

- K41
- K44

AGE:	Cadet (12-14 years old)	
SPORTS CLASSES:	K41	K44
RANK:	BLUE/RED	BLACK
WEIGHT CLASSES:	FEMALE EVENTS	MALE EVENTS
	Not exceeding 33kg	Not exceeding 37kg
	Not exceeding 41kg	Not exceeding 45kg
	Not exceeding 47kg	Not exceeding 53kg
	Not exceeding 55kg	Not exceeding 61kg
	Over 55kg	Over 61kg

AGE:	Junior (15-17 years old)	
SPORTS CLASSES:	K41	K44
RANK:	BLUE/RED	BLACK
WEIGHT CLASSES:	FEMALE EVENTS	MALE EVENTS
	Not exceeding 44kg	Not exceeding 48kg
	Not exceeding 49kg	Not exceeding 55kg
	Not exceeding 55kg	Not exceeding 63kg
	Not exceeding 63kg	Not exceeding 73kg
	Over 63kg	Over 73kg

AGE:	Senior (17 years and older)	
SPORTS CLASSES:	K41	K44
RANK:	BLUE/RED	BLACK
WEIGHT CLASSES:	FEMALE EVENTS	MALE EVENTS
	Not exceeding 47kg	Not exceeding 58kg
	Not exceeding 52kg	Not exceeding 63kg
	Not exceeding 57kg	Not exceeding 70kg
	Not exceeding 65kg	Not exceeding 80kg
	Over 65kg	Over 80kg

Competition Rules:

- The WT Para Taekwondo Competition Rules as of 2nd May, 2023 will be implemented for the Para Taekwondo competitions of the K40 Sport Classes. [World Para Taekwondo Competition Rules as of 2nd May, 2023 \(worldtaekwondo.org\)](https://www.worldtaekwondo.org)

- The competitions in the K40 Sport will be held in single elimination tournament system.
- The duration of the contest shall be one round of five (5) minutes. Each coach will be allowed to call for one (1) thirty (30) second timeout at any time during the one round contest.
- In the event that there is an uncontented athlete, the Tournament Director will do their best to organise a suitable and experienced opponent to perform at match play under Para Taekwondo Competition Rules.

Classification Qualifications:

- Athletes competing for the first time do not need to have an official classification status to compete at a club or state level competition, however they must engage in the process to begin classification. An official classification status will be required prior to competing at their second state level competition and also competing at any National or International Para Taekwondo event.
- If an athlete has undergone an official classification and has received a ‘*not eligible*’ status, they will be unable to compete in any level of Para Taekwondo event.
- Further information regarding Classifications and Sport Classes can be obtained at [Para-Taekwondo - Australian Taekwondo \(austkd.com.au\)](https://www.austkd.com.au/para-tkd).
- Athletes with a physical impairment (K41, K44) can begin the process of classification through Australian Taekwondo [Physical Impairment - Australian Taekwondo \(austkd.com.au\)](https://www.austkd.com.au/physical-impairment)
- If you have any questions regarding the different sports classes and/or classification please contact: para-tkd@austkd.com.au