***Club & State Competition Para Taekwondo Package Guide***

**Para Poomsae General Guidelines**

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

**Events:**

***Events to be contested for Para Individual Traditional Poomsae 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 (P61)
* P70 – short stature (P72)

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| **Para Individual Traditional Poomsae** | | | | | | |
| **Gender** | Male and Female | | | | | |
| **Age Divisions** | Aspirants  8-11 years old | Cadet  12-14 years old | | Junior  14-17 years old | Senior  16 years or older |
| **Belt Level** | **Pattern #1** | | **Pattern #2** | | | |
| Yellow | Choice of Pattern (1) | | Choice of Pattern (2) | | | |
| Blue |
| Red |
| Black |

***Events to be contested for Para Pairs Traditional Poomsae are:***

* P10 – vision impairment
* P20 – intellectual impairment
* P30 – neurological impairment
* P40 – physical impairment
* P50 – assistive technology
* P60 – hearing impairment
* P70 – short stature

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| **Para Pairs Traditional Poomsae** | | | |
| **Gender** | Pairs (2 athletes) either same gender or mixed gender | | |
| **Age Divisions** | Open | |
| **Belt Level** | Open | | |
| **Patterns Performed** | Choice of Pattern (1) | Choice of Pattern (2) | |

***Events to be contested for Para Teams Traditional Poomsae are:***

* P10 – vision impairment
* P20 – intellectual impairment
* P30 – neurological impairment
* P40 – physical impairment
* P50 – assistive technology
* P60 – hearing impairment
* P70 – short stature

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| **Para Teams Traditional Poomsae** | | | |
| **Gender** | Team (3 athletes) either same gender or mixed gender | | |
| **Age Divisions** | Open | |
| **Belt Level** | Open | | |
| Patterns Performed | Choice of Pattern (1) | Choice of Pattern (2) | |

**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.
* At club, state and national level competitions, para athletes may elect a level of assistance with performing the Poomsae.
  + ***No assistance*** *– Para athlete independently performs poomsae,*
  + ***Medium level assistance*** *– Coach prompts para athlete throughout the performance,*
  + ***High level assistance*** *– Athlete assistant on court performing poomsae with para athlete.*
* Please note that the level of assistance elected will be reflected in the scores of the relevant Presentation category*. I.e. a high level of assistance will coincide with lower scores in the relevant Presentation category.*
* WT Para Taekwondo Poomsae Competition Rules effective as of 30 September 2024 [World Para Taekwondo Poomsae Competition Rules 20240930 - World Para Taekwondo Poomsae Competition Rules 20240930.pdf](https://www.worldtaekwondo.org/viewer_pdf/external/pdfjs-2.1.266-dist/web/viewer.html?file=https://www.worldtaekwondo.org/att_file/documents/World%20Para%20Taekwondo%20Poomsae%20Competition%20Rules%2020240930.pdf)
* WT Para-Taekwondo and Deaf-Taekwondo Classification Rules and Regulations, in force as of 24 August 2023 - [click here to view](http://www.worldtaekwondo.org/viewer_pdf/external/pdfjs-2.1.266-dist/web/viewer.html?file=http://www.worldtaekwondo.org/att_file/documents/WT%20Athlete%20Classification%20Rules%20as%20of%20August%2024,%202023.pdf)

**Classification Qualifications:**

* Athletes competing for the first time do not need to have an official national classification status to compete at a club or state level competition, however they must engage in the process to begin classification.
* Evidence of an athlete’s official national classification status must be submitted to Australian Taekwondo prior to competing at their second state level competition and competing at any National event. Submission of evidence to: [para-tkd@austkd.com.au](mailto:para-tkd@austkd.com.au)
* An athlete wishing to compete at International WT Para Taekwondo events will need to undergo international classification by World Taekwondo. An official WT international classification status supersedes an official national classification status.
* 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 obtainedat [Australian Taekwondo Website - Para Taekwondo](https://austkd.com.au/aus-tkd-programs/para/)
* If you have any questions regarding the different sports classes and/or classification please contact: [para-tkd@austkd.com.au](mailto:para-tkd@austkd.com.au)

**Applying for an Official National Classification Status**

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| **Sports Class** | **Apply for an official national classification status through:** |
| Athletes with a vision impairment  (P10) | Paralympics Australia  [Vision Classification | Paralympics Australia](https://www.paralympic.org.au/vi-request-for-classification/) |
| Athletes with an intellectual impairment (P20) | Sports Inclusion Australia  [Eligibility - Sport Inclusion Australia](https://sportinclusionaustralia.org.au/eligibility/)  *If the athlete is of school age, please complete the relevant form in the ‘****School Sport Eligibility****’ Section.*  *If the athlete is older than school age, please complete the relevant form in the ‘****National Eligibility****’ Section.* |
| Athletes with a hearing impairment  (P60) | Deaf Sport Australia  [Classification - Deaf Sports Australia](https://deafsports.org.au/classification/) |
| Athletes with a physical impairment  (P30, P40, P50, P70) | Australian Taekwondo  [Physical Impairment - Australian Taekwondo (austkd.com.au)](https://austkd.com.au/aus-tkd-programs/para/physical-impairment/) |

**Para Kyorugi General Guidelines**

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

**Events:**

Events to be contested are:

* K41
* K44

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| AGE: | **Cadet (12-14 years old)** | |
| SPORT CLASSES: | K41 / K44 | |
| BELT COLOUR: | BLUE / RED , BLACK | |
| WEIGHT CLASSES: | FEMALE EVENTS | MALE EVENTS |
| - 33kg | - 37kg |
| - 41kg | - 45kg |
| - 47kg | - 53kg |
| - 55kg | - 61kg |
| + 55kg | + 61kg |

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| AGE: | **Junior (15-17 years old)** | |
| SPORT CLASSES: | K41 / K44 | |
| BELT COLOUR: | BLUE / RED , BLACK | |
| WEIGHT CLASSES: | FEMALE EVENTS | MALE EVENTS |
| - 44kg | - 48kg |
| - 49kg | - 55kg |
| - 55kg | - 63kg |
| - 63kg | - 73kg |
| + 63kg | +73kg |

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| AGE: | **Senior (17 years and older)** | |
| SPORT CLASSES: | K41 / K44 | |
| BELT COLOUR: | BLUE / RED , BLACK | |
| WEIGHT CLASSES: | FEMALE EVENTS | MALE EVENTS |
| - 47kg | - 58kg |
| - 52kg | - 63kg |
| - 57kg | - 70kg |
| - 65kg | - 80kg |
| + 65kg | + 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)](http://www.worldtaekwondo.org/viewer_pdf/external/pdfjs-2.1.266-dist/web/viewer.html?file=http://www.worldtaekwondo.org/att_file/documents/World%20Para%20Taekwondo%20Competition%20Rules%20(as%20of%202023-05-02).pdf)
* The competitions in the K40 Sport will be held in single elimination tournament system.
* The duration of the contest shall be the best of 3 rounds of two (2) minutes, aligning with current abled-bodied match durations.
* 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:**

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* Evidence of an athlete’s official national classification status must be submitted to Australian Taekwondo prior to competing at their second state level competition and competing at any National event. Submission of evidence to: [para-tkd@austkd.com.au](mailto:para-tkd@austkd.com.au)
* An athlete wishing to compete at International WT Para Taekwondo events will need to undergo international classification by World Taekwondo. An official WT international classification status supersedes an official national classification status.
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* Further information regarding Classifications and Sport Classes can be obtainedat [Australian Taekwondo Website - Para Taekwondo](https://austkd.com.au/aus-tkd-programs/para/)
* If you have any questions regarding the different sports classes and/or classification please contact: [para-tkd@austkd.com.au](mailto:para-tkd@austkd.com.au)

**Applying for an Official National Classification Status**

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| **Sports Class** | **Apply for an official national classification status through:** |
| Athletes with a physical impairment  (K40) | Australian Taekwondo  [Physical Impairment - Australian Taekwondo (austkd.com.au)](https://austkd.com.au/aus-tkd-programs/para/physical-impairment/) |