



Para Taekwondo – *SISAS Para Hub Guide*



What is Para Taekwondo (Para TKD)?? – K44 Classification

Taekwondo is a martial art and a sport. The K44 Classification is the Paralympic Taekwondo class contested at two Paralympic games.

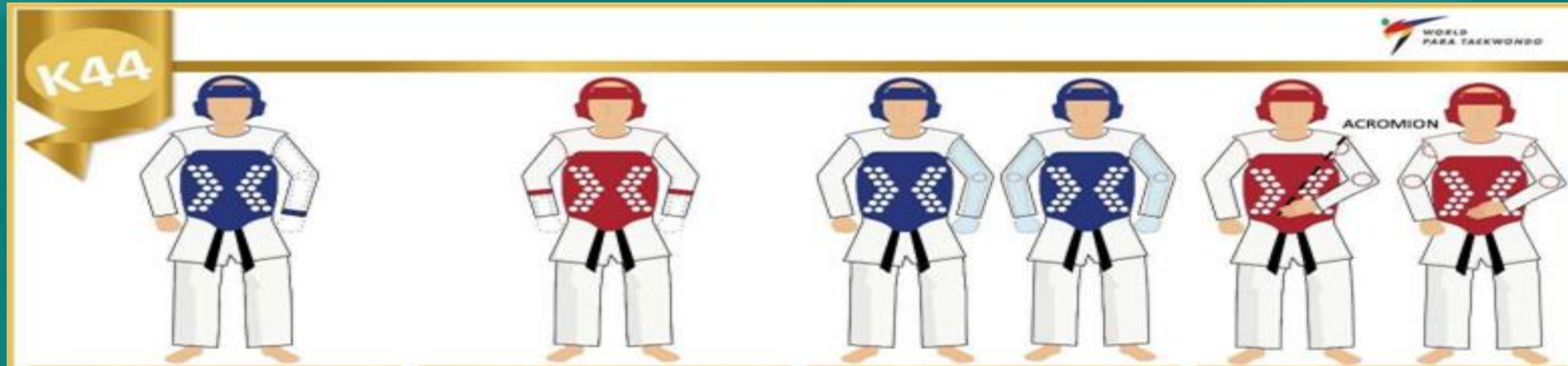
- Point based fighting. 3 x 2 minute rounds, for short and explosive bouts
- No head kicks allowed, *punches allowed but not scored*.
- Specialised protective equipment with sensors for scoring
- 5x weight classes to compete within for each gender (Male and Female)
- Paralympics and Para World Championships - benchmark events



What does training for Para Taekwondo look like?

- Evening club based technical training
- Integrated training with able bodied players
- High Performance camps (*National Para Development Pathway Squad*)
- Performance Support when categorised
- Domestic and International tournaments

What are the K44 'Superclass' specific impairments to assess for provisional/international classification?
Excerpt from *WT Athlete Classification Rules, p.74 - K44 eligibility summary*, World Taekwondo, (August – 2023)



Condition	Description
Unilateral Amputation	Through or above wrist (i.e., no carpal bones present in affected limb). Arthrodesis of the wrist joints is Not Eligible (NE) .
Unilateral Dysmelia	Length of the affected arm (from acromion to longest part of the stump) is equal to or shorter than the unaffected arm (measured from acromion to radial styloid).
Bilateral Amputation	Below the elbow but above or through wrists. No carpal bones present in either wrist.
Bilateral Dysmelia	Length of each arm is equal to or shorter than $\leq 0.337 \times \text{standing height in cm}$. Only one arm can meet this criteria.
Unilateral or Bilateral (Muscle Power)	Impaired muscle power (Grade 2 or below) in shoulder abduction and/or flexion . Impaired muscle power (Grade 3 or below) in elbow flexion and/or extension .
Unilateral or Bilateral (Elbow Contracture)	Elbow flexion contracture from arthrodesis/ankylosis with traumatic soft tissue loss or bony joint damage . Affected arm length (acromion to longest finger) is $\leq$ unaffected arm length (acromion to radial styloid) with elbow extended.

Introduction to Para Taekwondo

Sport Specific Category	Olympic Taekwondo (2024 onwards)	Paralympic Taekwondo (2024 onwards)
Technique/skills	Kicks (Head/Body) + Punches (Body)	Kicks only (Body) *Body punches do not score but can be used tactically
Scoring	Head kicks (highest scoring), body (intermediate) punches (lowest scoring)	Body kicks only on PSS system, no score on punches, higher scores offered based on turn/spin kicks (highest).
Classification	None	Yes – K44 superclass since 2024 Paralympics, see <i>classification overview</i>
Weight classes (male and female)	Men: -58, -68, -80, +80 kg, Women: - 49, - 57, - 67, 67+ kg – 8 classes across genders	Men K44: -58kg, -63kg, -70kg, -80kg, +80kg Women K44: -47kg, -52kg, -57kg, -65kg, +65kg – 10 classes across genders
Head Contact	Yes	No, even if accidental athletes will be penalised with a (gam jeom 감점) penalty
Equipment	Dobok, standard protective equipment and electronic PSS system	Dobok, head protector with integrated visor, standard protective equipment and electronic PSS system
Match time	Best of three (3) round system 3 x 2 min rounds with one minute break between rounds	Best of three (3) round system 3 x 2 min rounds with one minute break between rounds
First Olympic/Paralympic Year	2000 Sydney Olympic Games	2021 Tokyo Paralympics

Recruit at *Explore* phase – Para TKD ‘*Talent Success profile*’

What do Australian Taekwondo, affiliated clubs and coaches look for in Talent Transfer players?

Across a 0 – 3 Months time frame – in an HP TKD club environment

They cultivate a love for Taekwondo as a sport	They learn Taekwondo as a martial art, develop foundational technique and skills.	They can demonstrate resilience	They display self awareness, adaptiveness and growth mindset for fast development, despite impairment
They meet provisional classification criteria and learn relevant Para rules and specific equipment for sparring	Fighting Spirit – They have the desire to challenge themselves	Commitment – They demonstrate the ability to commit their time and self	Discipline – They show up, remain focused and make the effort to access opportunities offered

The below are the desired physical qualities we look for in Identifying Talent Transfer Athletes:

QUALITY	RATIONALE
Speed and Agility	Multi-directional on-feet movement, reacting to opponent switching stances, moving laterally and pivoting
Reactivity	Adjusting to opponents cues as well as good reflexes, RSI could be an indicator
Balance and Coordination	Single leg dynamic balance and ability to counter-balance torso rotation well compensating impairment, spatial awareness
Power	Vertical jump and plyometric ability
Fighting Spirit	Athletes are comfortable kicking and being kicked

WE WANT ATHLETES THAT MOVE WELL ON THEIR FEET AND ARE COMFORTBLE FIGHTING

Provisional Classification (on demand)

International Classification (Plan for)



Explore	Train	Fight	Win
Match Play (organised by AT and club coaches)	Club, NPDPs and National Tournaments	3-4 International Tournaments (Regionally/1x G6+ benchmark)	6-8 International Tournaments (3+ benchmark G6+)

12 – 30 months - Para Athletes must obtain a black belt for *foundational technique, skills and the eligibility to compete internationally*



Taekwondo **Talent ID** and **Talent Transfer** players from other sports can test and discover the high-performance elements of Para TKD for a 3-month confirmation period. This will be led by AT with aligned clubs. They will join 3-4 sessions a week and we will use a set of success factors to observe and review players at the end of the Explore phase for talent confirmation purposes.



Players are confirmed as talented and TID/TT streams begin to unite in capabilities. They increase the intensity of their technical training, achieve their black belt and become categorised athletes. They compete domestically and assess readiness for international tournaments. They begin individual performance plans. They join the National Para Development Pathway squad and develop performance behaviours, technical, physical and mental skills.



TID/TT pathway streams are unified. Athletes expand their campaigns internationally; they gain more resources and support as they categorise higher to meet the increase in effort for WITTW and the personal and financial costs. They aim for 4-8 tournaments per year. AT develops tight coaching and performance support teams around them, they quarterly cover off their plans to both monitor and enhance progression.

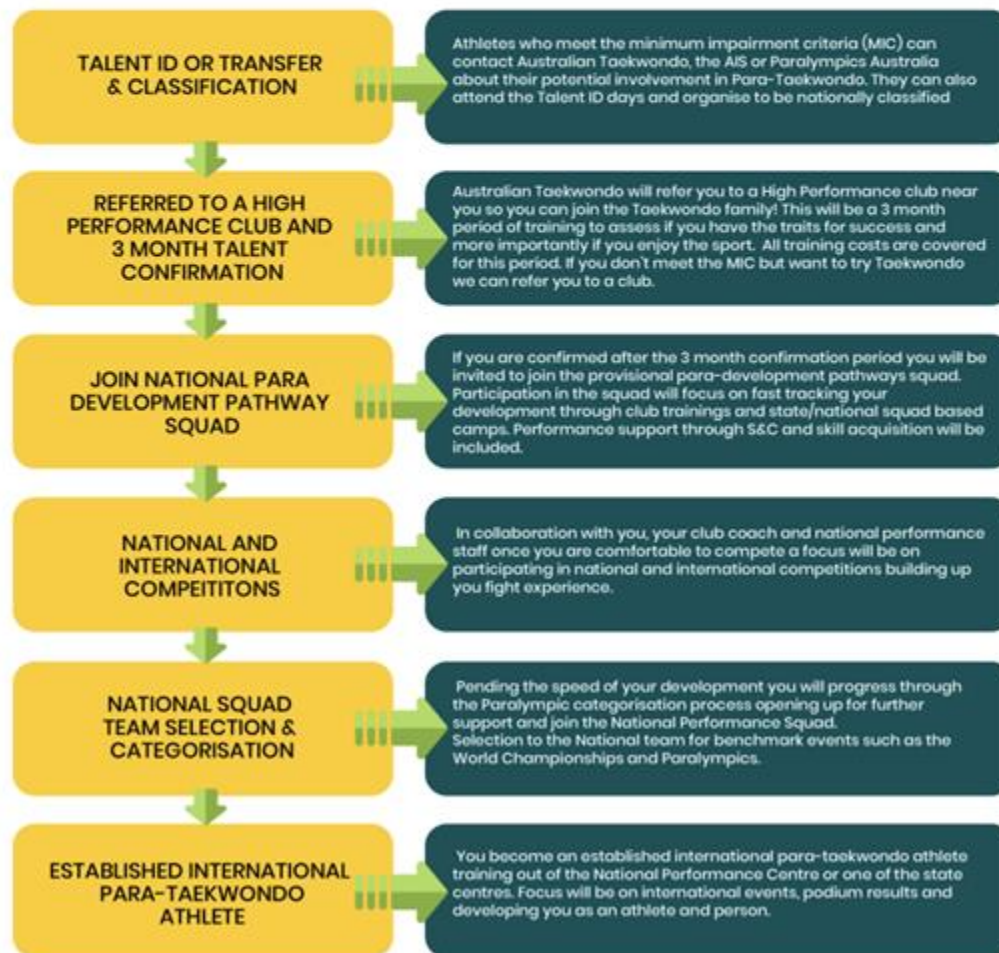


Para Podium athlete has a proven coaching and support team. They form a robust and live campaign plan based on WITTW that enables deliberate development via gap solving, higher resourcing and support to perform at world best standard. They target key benchmark events, to win when it counts.

Explore and **train** pathway areas are where talent transfer players will learn and develop in tandem with their able-bodied and Para peers. At this stage if they display talent success profile factors, they will need coaching prioritisation on technical TKD aspects. They still need individual catering and conducive adaptive environments to succeed.

Fight and **Win** areas will likely see Talent Transfer players integrated more readily with Para TID peers and the syncing up of technical abilities. It is important to recognise concurrent pathways on the way to WITTW.

AUSTRALIAN TAEKWONDO PARA PERFORMANCE PATHWAY



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Key Documents below can be accessed for more information ([LINK HERE](#))

1. Para Taekwondo Athlete Development Framework
2. Para Taekwondo Journey Players Handbook
3. Para Taekwondo – What It Takes TO Recruit and Retain
4. Para Taekwondo Talent Confirmation Questionnaire