

“WHAT IT TAKES TO WIN”

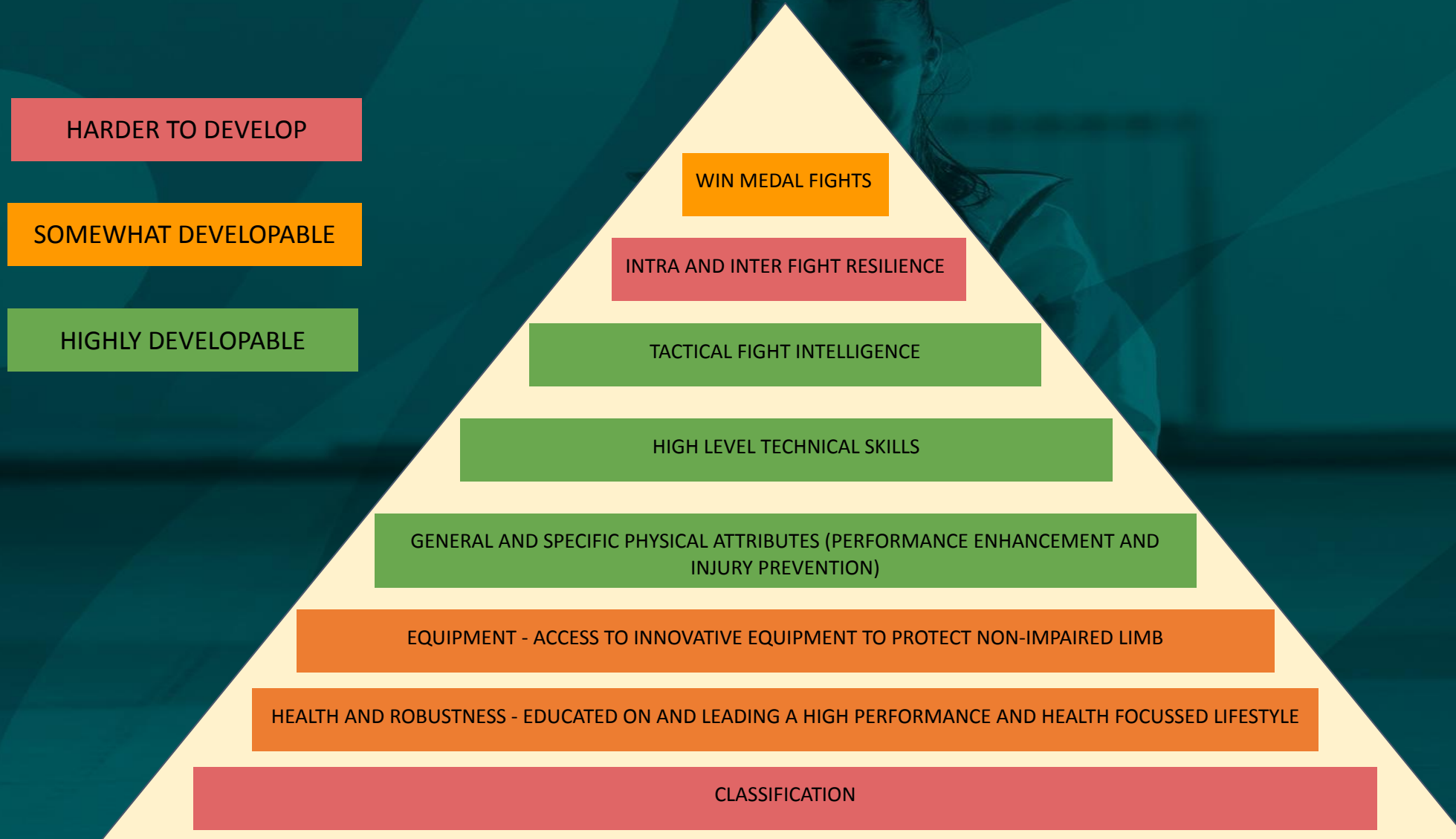
Para-Taekwondo PODIUM PERFORMANCE & ENVIRONMENTAL PROFILES IN PARA TAEKWONDO



Current State of Play

Ground Information	Where are we at?	K41 (Bilateral Arm Impairment)	K44 (Unilateral Arm Impairment)
Paralympic Taekwondo has 2 classes for the Paralympics K43 and K44 with a maximum of 10 athletes per class. K43 is for athletes with bilateral arm impairments and K44 is for athletes with unilateral arm impairments. Each match consists of three rounds of two minutes each, with a one-minute rest between rounds (best of 3). Athletes deliver kicks to their opponent's torso. Two points are awarded for successful regular kicks, and three points for spinning kicks. Fouls – such as kicks to the head, crossing over the boundary, or falling – are counted as one point for the opponent. In Paralympic Taekwondo, only kicks to the torso are considered valid attacks – any kick to the head is considered a foul. There are several ways for an athlete to win a match – by building a 20-point lead in two rounds, being the first to reach 20 points or having the most points at the end of the six minutes of match time. In case of a tie at the end of regulation time, an overtime period is held. In 2020 we won a Bronze medal in the Paralympics.	▪ We currently have no current Paralympic athletes categorised or engaged ▪ We have received HP funding for the first time ▪ We are operating off the evidence and experience of one Paralympic cycle so there is a dearth of research and evidence	▪ Minimum Impairment Criteria - K43 includes athletes with bilateral amputation below the elbow, or equivalent loss of function in both upper limbs. ▪ Weight categories: - Men: -58kg, -63 kg, -70 kg, -80 kg, and +80kg - Women: -47 kg, -52 kg, -57kg, -65kg and +65 kg ▪ Number of ranked athletes for each division: - Women -47kg: 0 - Women -52kg: 0 - Women -57kg: 1 - Women -65kg: 0 - Women +65kg: 0 - Men -58kg: 6 - Men -63kg: 4 - Men -70kg: 0 - Men -80kg: 3 - Men +80kg: 0 <u>*opportunities in both genders but specifically women</u>	• K44 includes athletes with unilateral arm amputation (or equivalent loss of function), or loss of toes which impact the ability to lift the heel properly. • Weight categories: - Men: -58kg, -63 kg, -70 kg, -80 kg, and +80kg - Women: -47 kg, -52 kg, -57kg, -65kg and +65 kg ▪ Ranking statistics for each division show: - Women -47kg: 32 - Women -52kg: 32 - Women -57kg: 26 - Women -65kg: 30 - Women +65kg: 30 - Men -58kg: 101 - Men -63kg: 82 - Men -70kg: 88 - Men -80kg: 72 - Men +80kg: 58 <u>*greatest opportunity in the women's divisions</u>

PARA TAEKWONDO WITTW AND PODIUM PROFILE



K41 WITTW

First Athlete to win 2 rounds	First athlete to win 2 rounds vs opponent in best of 3 round fight by scoring more points in each round. For K41 the max amount of fights will be 4 in one day.
Presence in a formalised Performance Pathway and classified into K41	Analysis of K41 rankings has shown that between the weight divisions the highest amount of athletes in one division is 6 and the lowest amount is zero. This indicates that by identifying a K41 athlete in Australia and progressing them in the pathway presents a high chance of medalling at the Paralympic Games.
Attend 2 International Events per year	Analysis of ranked fighters in each division (ranging from 2 to 6) shows on average they attend 2 international events per year.
Possess specific physical attributes*	Whilst a general analysis of Taekwondo athletes shows certain physical attributes to score points athletes in K41 class need an extra focus on balance, coordination and agility to compensate for the inability to counter balance that is lost when both upper limbs are impaired. For example a double arm amputee at the shoulder loses the use of of the arms to counter balance when jumping, moving in all directions and receiving a kick. *Southern Cross University is completing an initial analysis of para-taekwondo fighters, required physical attributes and corresponding evidence based physical testing we can use for talent ID

K44 WITTW

First Athlete to win 2 rounds	First athlete to win 2 rounds vs opponent in best of 3 round fight by scoring more points in each round. For K44 the max amount of fights will be 4 in one day.
Presence in a formalised Performance Pathway and classified into K44	Analysis of K44 rankings has shown that between the weight divisions the highest amount of athletes in one division is 101 and the lowest amount is 30. The female divisions average 30 ranked fighters with the male divisions much higher.
Attend 6-8 International Events per year	Analysis of ranked fighters in each division shows on average they attend 6 international events per year with some fighters making it to 10.
Possess specific physical attributes*	Whilst a general analysis of Taekwondo athletes shows they certain physical attributes to score points athletes in K44 class need an extra focus on balance, coordination and agility to compensate for the ability to counter balance that is lost when a limb is impaired. For example an athlete with unilateral impaired muscle power will have a dead weight connected to them which disrupts their normal movement patterns. *Southern Cross University is completing an initial analysis of para-taekwondo fighters, required physical attributes and corresponding evidence based physical testing we can use for talent ID

K41 PODIUM PERFORMANCE PROFILE



Para Performance Profile

- Top 6 Paralympic Taekwondo Ranking (max number in largest division is 6 athletes)
- Attendance at 2 major events per year (World and Continental Championships)
- Maintaining physical performance benchmarks correlated with basic athletic proficiencies
*SCU completing analysis here
- Integrated into a formal performance pathway



Image 1: Vito Dell'Aquila (ITA) 2020 Olympic Gold Medal
58kg



Image 2: Jade Jones (GB) 2012/16 Olympic Gold Medal
57kg

K44 PODIUM PERFORMANCE PROFILE



Para Performance Profile

- Top 10 Paralympic Taekwondo Ranking (max number in largest division is 6 athletes)
- Attendance at 8 major events per year (World and Continental Championships)
- Maintaining physical performance benchmarks correlated with basic athletic proficiencies
*SCU completing analysis here
- Integrated into a formal performance pathway
- Competing in able bodied competitions at the national level



Image 1: Vito Dell'Aquila (ITA) 2020 Olympic Gold Medal
58kg



Image 2: Jade Jones (GB) 2012/16 Olympic Gold Medal
57kg

PODIUM PERFORMANCE PROFILE

 Exceptional Fighters	 Physically dynamic and robust	 Mentally prepared & skilled	 World Class Performance Environments
Under pressure able to demonstrate exceptional fighting abilities: ▪ Tactical adaptability within the contest. ▪ Effective repertoire of scoring and countering options from any situation regardless of scoring system utilized (KPNP or Daedo) [1]. ▪ Expert at reading opponent ▪ Effective and efficient decision making under stress ▪ Consistent technique under stress ▪ Effectively uses internal and external feedback to adjust strategy, with and without coach input.	Players have the ability to perform at their peak with: ▪ High level of Taekwondo specific fight conditioning ▪ Stability & strength of major joint complex ▪ High aerobic/anaerobic capacity ▪ Dynamic movement and high-level agility and footwork output, under fatigue ▪ Explosive, repeated leg speed ▪ Excellent upper body strength for clinch work and effective punching ▪ Well maintained prehab, recovery and injury management practices ▪ Optimal anthropometric characteristics for chosen weight class ie. Somatotype, limb length.	Players possess high level mental skills, processing capacity & capabilities: ▪ Psychological flexibility and resilience ▪ Ability to self regulate stress + build focus & intensity throughout competition day ▪ Ability to reset and focus under fatigue and competition pressure ▪ Deep self belief + hunger to be the best in the world ▪ Manages and takes ownership of their career ▪ Commitment to learning + development regardless of performance outcome ▪ Focused on short + long term goals in both sport & life ▪ High level of wellbeing & self care practice to enjoy life and its journey	Players are supported to perform on the day when it counts through: ▪ World class Taekwondo coaching ▪ World class training standards ▪ Targeted competition plans and exposure ▪ Inter-disciplinary Service Provider Support ▪ Balanced high-performance lifestyle support

EXCEPTIONAL FIGHTERS

UNDER PRESSURE CAN DEMONSTRATE
EXCEPTIONAL FIGHTING QUALITIES



Tactical adaptability	Effective repertoire of scoring and countering	Expert at reading opponent	Effective and efficient decision making under stress	Consistent technique under stress
▪ The athlete can adjust tactics to emerging needs of the bout. ▪ The athlete has a strong understanding of multiple styles and approaches and how to apply them in specific situations. ▪ Effectively uses internal and external feedback to adjust strategy, without coach input	▪ Athlete has excellent decision making around which techniques to use and when in variable contexts (speed, distance, stance). ▪ The athlete is technically proficient at the following skills: Cut Kick / Hook Kick / Axe Kick / Back Kick / Roundhouse Kick (dependent on classification) ▪ The athlete can set up openings in attack (direct or indirect) and create opportunities to capitalise on opponent's reaction through effective counterattack. [11] ▪ The athlete can maintain defensive positions to control the opponent through subtle movement, maintain composure and rhythm under pressure, move away from attack and then back	▪ The athlete can recognise changes in their opponent and apply necessary skills to exploit and defend against where required ▪ The athlete maximises opportunities to score when available and defend when required ▪ The athlete notices and can articulate subtle changes in opponent during debrief	▪ The athlete can deploy the right tactic at the right time, with the ability to adapt and maintain composure ▪ The athlete can identify threats and create opportunities from anywhere in the court ▪ The athlete paces the rounds well (consistent phases)	▪ The athlete can establish and maintain rhythm to effectively control the contest. ▪ The athlete is able to maximise movement efficiency to dictate the tempo, the opponent and to attack and defend throughout the contest. ▪ The athlete can dictate the pace of the contest with their feet and hands, while maintaining quality and composure.

PHYSICALLY DYNAMIC AND ROBUST

PLAYERS HAVE THE ABILITY
TO PERFORM AT THEIR PEAK
WITH



High level of Taekwondo specific fight conditioning	High level anaerobic/aerobic capacity	Explosive repeated leg speed	Dynamic movement and high-level agility and footwork output, under fatigue	Excellent upper body strength for effective clench work and punching	Stability & strength of major joint complex
The athlete has a high level of sport-specific conditioning in areas of anaerobic power, agility and explosive power that translate to consistent, successful on-mat performance [2].	- The athlete can perform repeated work at high intensity and sustain high force and power outputs for the duration of the competition [2,3]. - The athlete has a strong aerobic base to sustain high-quality training sessions and is able to recover from high-intensity efforts in training and competition [3,4].	- The athlete can consistently deliver explosive, dynamic, high intensity efforts in competition [4,5]. - Athlete can produce greater velocity of the hip, knee and foot during the kick. - Athlete can produce an increased rate of force development (speed in which force is produced) [6].	- The athlete possesses the required dynamic flexibility and agility for striking, defending, maintaining high strength and power output [2,5]. - Athlete able to utilise high-level footwork and agility to perform all-out technical-tactical movements in multidirectional planes by maintaining dynamic balance, speed, and precision [3,6,7].	- The athlete has the strength endurance and dynamic power to block, push and hold position against opponent to a high-standard consistently under pressure [3]. - The athlete can effectively score from the clinch utilising strength, timing and body control [4]	- The athlete is physically robust and has a well-developed foundation of strength to underpin the explosive power and speed required to be world class [8]. - The athlete has developed training methods and developed qualities that offset their impairment e.g. exceptional counter-balancing, unilateral strength

SKILLED:

PLAYERS POSSESS HIGH LEVEL MENTAL
SKILLS, PROCESSING CAPACITY



Psychological flexibility and resilience	Deep self belief + determination to be the best in the world	Ability to self regulate emotions + energy + focus throughout competition day	Commitment to learning + development regardless of performance outcome	High level of wellbeing & self care practice to enjoy life and its journey
▪ MPC informed – Emma Hall	▪ MPC Informed - Emma Hall ▪ Athlete can identify 'anchor' to stay task-orientated and focus on key objectives.	▪ MPC Informed - Emma Hall ▪ The athlete has developed their mental skills to focus on high-pressure situations, building positive interpretations of competitive stressors [9]	▪ AWE informed – Sarah Conlon ▪ The athlete encapsulates a growth mindset and is willing to be challenged and innovate through a collaborative process to become the best ▪ The athlete is coachable, open minded. ▪ Athlete is engaged and well informed of available resources and can seek support when required	▪ AWE informed – Sarah Conlon

PROFILE:

PLAYERS ARE SUPPORTED TO PERFORM
ON THE DAY WHEN IT COUNTS THROUGH



World Class Taekwondo Coaching	World Class Training Standards	Targeted Competition Exposure	Inter-disciplinary Service Provider Support	Balanced High-Performance Lifestyle
- Evidence-based and holistic coaching delivery characterised by world class technical and tactical taekwondo knowledge. - Individualised and deliberate programming through Individual Performance Plan (IPP) and review mechanisms, to maximise development and training phases. - Effective integration of and communication with inter-disciplinary expertise to promote holistic athlete development - Effective management of the 'athlete-coach' relationship and peer dynamics - Shared & effective communication and collaboration between athlete, 'home-club' coach, HP coach and performance support team regarding athletes' IPP, load management and injury management.	- HP Training Guide (we are still developing the optimal load for a para-athlete) - High level training strategies promoting athlete skill progression and adaptability under-competition like contexts, fatigue, and variable environmental constraints - Application of individualised load management strategies - Diverse range of high quality and relevant training partners - World class facilities, equipment/scoring system - Individualised domestic and international camp program for athletes with access to world class training partners based on IPP objectives - Appropriate frequency and timing of tapering relative to key competitions - Integrated into able bodied program once a certain level is reached	- Domestic and international training camps for exposure with world class training and sparring partners. - Exposure to appropriate number and timing of domestic and international competitions. - Competing in 15-18 high quality international bouts as Elite targeting 6-8 competitions per year. - Established peaking processes, including international sparring , to maximise output and performance at benchmark events.	- Individualised case management characterised by high quality sport-specific performance support service provision and education. - Integrated strength and conditioning coaching support that maximises the physical development, preparation, and injury prevention activities. - Efficient access and implementation of injury management and rehabilitation expertise. - Individualised nutrition and weight management strategies - Performance psychology that enables management of arousal, pre-fight routines, stress, and anxiety. - Effective utilisation of online athlete monitoring to track progression and 'adapt' developmental strategies as required. - Ability to develop and retain performance support provider expertise within program over	- Commitment to the daily lifestyle of a Podium athlete - Has identified and engaged support networks that provide emotional, social and practical assistance in support of their HP journey - Invests in personal wellbeing, growth, and social connectedness - Develops life skills to deal effectively with the challenges of everyday life (education, employment, personal, sport etc.)

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