

AUSTRALIAN PARA TAEKWONDO ATHLETE DEVELOPMENT GUIDELINES (PADG)

*Identifying the sport and Para specific success factors that will enable
Para Taekwondo athletes to win Paralympic gold in 2032+*

Para Athlete Development Guidelines Design

The Australian Para Taekwondo Athlete Development Guidelines (PADG) are a regression model of the *updated* Para Taekwondo ‘What it Takes to Win’ (WITTW) framework and we acknowledge that they blend many of the key universal factors and attributes from the 2025 TKD Athlete Development Guidelines (ADG).

The PADG serves purposefully as a comprehensive guide for Para TKD athletes, coaches and performance support. By adopting a "top down-bottom up approach" [9] the guidelines begin with the end in mind. We have identified the essential development factors along the journey for a ParaTKD athlete, such as exceptional fighters based on *technique, skill and tactical application, physical dynamism and robustness, mental preparation and skills and key Para specific performance environmental considerations*.

We seek to foster collective awareness of the required factors and *key attributes* during each stage of an athlete’s development on the Para TKD Performance Pathway. The Para TKD program will utilise initial research and coach led benchmarks but in time, learn, target and collect evidence-based assessments to better inform future modelling and achieve sustainable world-class successes in 2032 and beyond.



LA2028+ Combat
High Performance Strategy



Para TKD “What it takes to win”
*Updated Para Performance
Profile



TKD Athlete Development
Guidelines



Para TKD Athlete Development
Guidelines

PADG Factors + Attributes

In mapping out the key factors for Para athlete development, the PADG acknowledges that not all factors and attributes are weighted equally. A learner's mindset around TKD technique/skill development and assessing an athlete's physical capacity and robustness are identified as the most critical elements for early Para progression; however, success at the highest levels cannot be achieved without the complementary development of exceptional '*Fight IQ*', psychological resilience, overall balance wellbeing and para development conducive Daily Performance Environments (DPEs). In this balanced approach, every component plays a vital role in paving the way toward podium success for our Para athletes.

Capacity to Self-Fund/Finance

The capacity for Para athletes and their families to self-fund or establish robust financial support networks are recognised as significant external factors for long term success. With lower Para depth charts domestically, international tournaments are serving as key benchmarks for success at Paralympics. The ability to gain ranking points and manage financial resources to prepare for and attend them are essential. Australian Taekwondo (AT) is committed to assisting highly talented players/athletes in becoming resourceful and proficient in managing their finances, ensuring they can fully leverage every opportunity on the international stage.

TID/transfer into HP clubs		NPDPS	Elite HP Team	Paralympic Team
Skills and tactical development			Exceptional Fighters	
Physical Attributes and Capacity			Physically Dynamic + Robust	
Mental Performance in Competition			Mentally prepared & skilled	
HP Clubs	Para Performance Pathways		Para High Performance	
Para Athlete Development Guidelines			WITTW ‘Para Performance Profile’	

Post 'PADG' – Live process documentation and practical application

After the formation of the PADG, AT will imbue the factors and attributes founded into live Para TKD processes to enhance the ID, development and categorisation of Para athletes as they transition through the performance pathway. It will employ a player/sport facing '*Explore, train, fight and win*' transition model with simple to understand progressions backed by quality athlete development processes and environments. This will enable a Para specific approach that focuses on forming *navigable* environments, *forward planning*, *benchmarks* and *clear* processes. By applying PADG informed processes, AT will be able to direct resources in a deliberate manner for better performance outcomes.

The Para TKD program is in formative stages in Australia. Based on depth charting, there will be a two-pronged approach to recruit and retain talent domestically through traditional transfer options and internationally through sport migration. From the outset, the program will lead a proactive WITTW *learning culture* that consistently seeks to record, review and enhance para performance processes through '*building a robust evidence-base*' [7]. With more evidence we will enhance Para athlete profiling, benchmarks, selection/categorisation and develop world class Para performance environments.



- Para TKD '*What it takes to Recruit and Retain*' (WITTRR) – Talent Transfer guide for TKD coaches
- Para TKD '*Players' Journey*' Talent ID and Transfer Handbook for players
- Integrated 'live' athlete IPPs (AMS) for planning, monitoring and review purposes
- TKD/PTKD Coach development framework
- Reflective selection and categorisation documentation and processes
- Performance monitoring and technical projects to consistently update Para WITTW

Contents

Introduction to Para Taekwondo and Classification overview (Is this a heading, why in bold)

ParaTKD '*What it takes to win*' (WITTW summary) and updated Para Performance Profile (May 2025)

Para TKD Performance Pathway Overview and Map

ParaTKD Performance Pathway Guidelines

- PARA TKD Athlete Profiles – Technical/Tactical, Physical, Mental
- PARA TKD World Class Para Performance Environments

ParaTKD Innovation Projects – enhancing WITTW understanding

References



Para Taekwondo is a dynamic and inclusive martial art adapted for athletes with impairments. The **K44 classification** is the Paralympic category, designed for athletes with **upper limb impairments**.

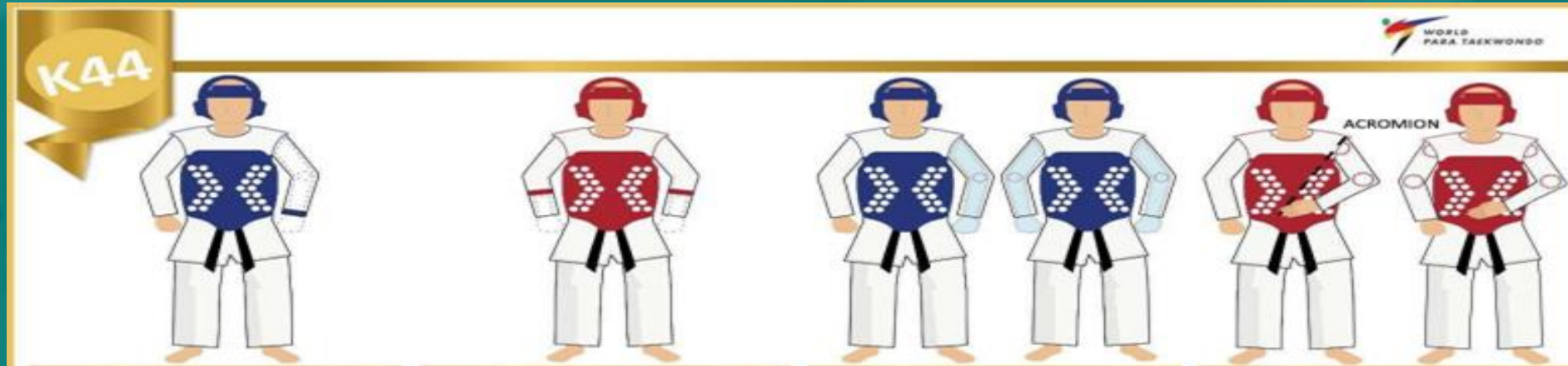
Focusing on **sparring (Kyorugi)** in accordance with World Taekwondo rules, K44 athletes compete to score points using tactically placed and explosive **kicking techniques** to the body only. Matches are scored electronically, rewarding precision, power and timing. While effective defensive actions such as evasion and blocking are not scored, they play a crucial role in reducing the likelihood of conceding points. Athletes wear Para specific protective gear.

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

K44 Classification overview

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 Dismelia	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 Dismelia	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.

Provisional/National Classification

International Classification

Process for Provisional classification

AT is *Classification Ready*. upon ID of high potential Para players/athletes for K44 classification, AT can quickly,

- Facilitate a technical assessment from a list of AT technical classifiers (inc current staff and ex HP athletes).
- AT can refer potential Para player/athletes with the appropriate assessment documentation to medical provisional classifiers.
- Work with NIN Para Units, Paralympics Australia or other partners to provisionally assess together and provide wellbeing support around the process.

Note: All organic TKD talent, talent transfer and international transfers will undergo provisional assessment before any formal engagement with the program. All incoming para players and athletes will connect with AT Para technical lead as a key point for classification and any further steps post.

Process for International classification

As Para players progress through belt grading in TKD clubs, there may be no urgency for international classification, especially in clear cases of impairment eligibility. When they are beginning to plan for international events, they must be internationally classified.

Some athletes may require an expedited approach due to readiness to compete; AT can facilitate international classification within Australia/or externally, though it may come with additional cost or need to be held at tournaments or camps to maximise tech/medical panel engagement.

AT recognises that classification is both '*critical and controversial*' [9] and is a major Para athlete transition due to its potential '*impact to enable or prevent*' access [7].

AT will utilise staff, para lead and coaches for connection, planning and wellbeing support and work with system partners on what support (in terms of psychology/AWE) can be offered, especially when adverse outcomes may occur, aligned to categorisation.

Para Athlete friendly - Classification support

To lower some of the uncertainty and challenges of navigating classification, Para TKD program have made supporting documentation such as the *'Players' Journey'* (PJ) handbook, as TID/Transfer athletes show interest or begin their confirmation periods.

See the QR codes for relevant *physical impairment eligibility + forms* and AT can also provide *letters to specialists* for provisional medical classification.

See the example to the right from the PJ handbook on a simple approach to explaining classification and providing more detail on K44 classification through either staff or working QR codes.





Get to know Para Taekwondo – Classification



What is 'Classification' for Para Sport?
Classification determines who is eligible to compete in Para sport to ensure fairness. The process groups eligible Athletes based on their impairments into **Sport Classes**. The sport class of Para Taekwondo is **K44**. All Para sports must comply with the **IPC Athlete Classification Code**.

Are you eligible for Para TKD's K44 classification?



K44 Classification = athletes with impairments in one or both arms, that affect at least one shoulder, wrist or elbow. This includes amputation, congenital limb length difference, impaired muscle power and impaired passive range of movement.

Classifications can be complex, Australian Taekwondo (AT) leads the classification process with provisional technical and medical classification, utilize the QR code or chat to Jerry at [AT](#) for more.



For try out or classification information, contact Jerry or scan the QR code



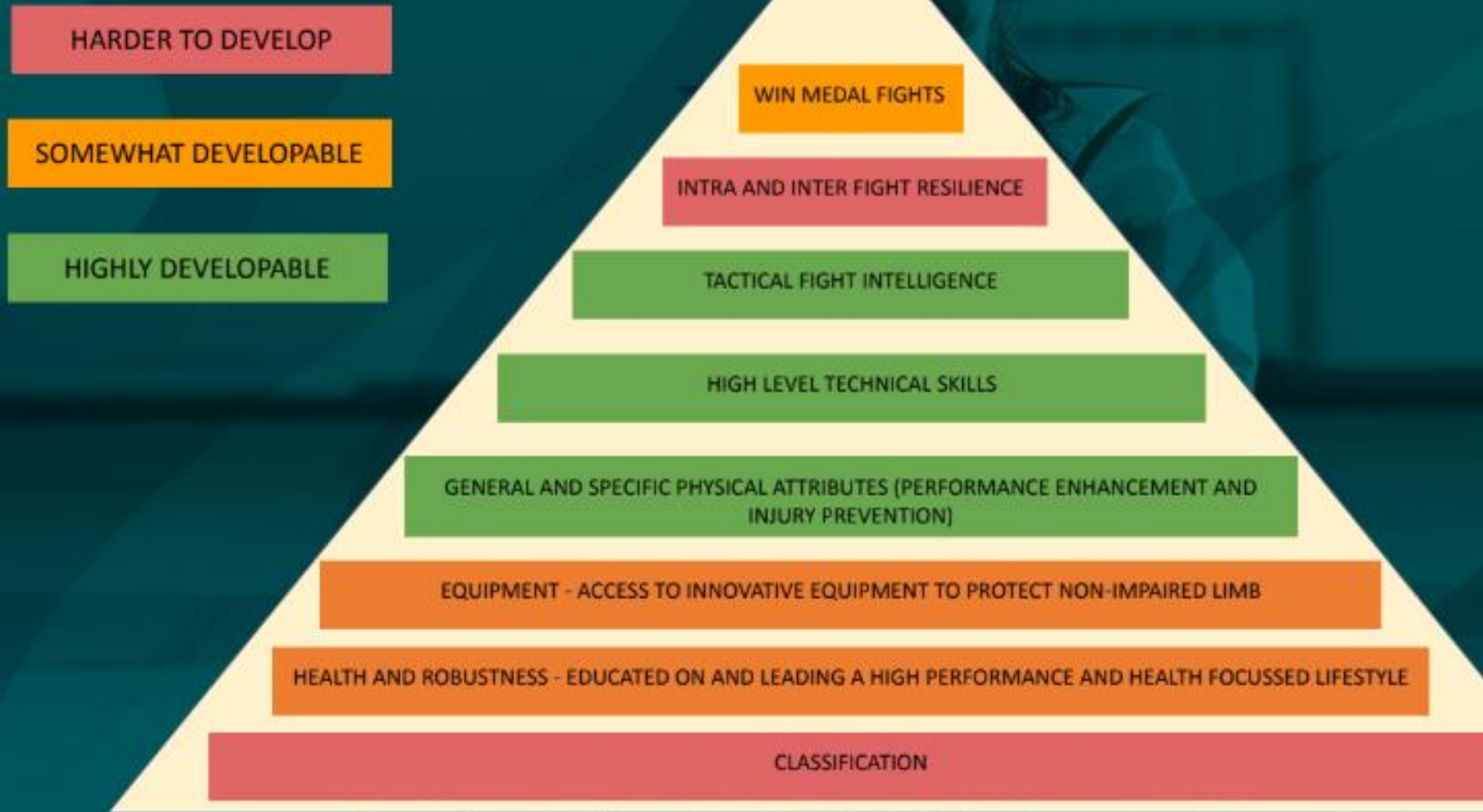
jerry.moraitis@austkd.com.au
M: 0401 447 777



Jerry Moraitis
Para Technical Lead

PARA TAEKWONDO WITTW AND PODIUM PROFILE

ParaTKD - *What it takes to win*



Exceptional Fighters (Skill, Technique and Tactical)		Physically dynamic and robust (Physiology needs)	Mentally prepared and skilled (Performance Behaviours)	World Class Performance Environments
Under pressure Para players are able to demonstrate exceptional fighting abilities:				
Tactics • “Fight IQ” - Tactical adaptability within the contest • Effective tactical repertoire of scoring and countering options from any situation, regardless of PSS scoring system utilized [1]. • Expert at reading opponent and playing to the impairments present • Effective and efficient decision making, ‘instinctive kick choices within moments, based on all cues afforded’ while under stress • Maintaining the element of surprise through being unpredictable	Techniques and skills • Consistent purposeful set up and application of techniques, while under stress • High-intensity offensive actions—particularly use of precise efficient linear kicks—combined with agile tactical stepping {2} • Effectively uses internal feedback in the moment and external feedback afterwards to adjust strategy, with and without coach input.	Para players can perform at their peak with: • High level of Taekwondo specific fight conditioning • Stability & strength of major joint complex • High anaerobic/aerobic capacity • Exceptional dynamic movement, fight tempo management and high-level agility and footwork output, while under fatigue [2] • <i>Excellent Spatial Awareness</i> – the capacity to sense and comprehend the body’s position, distances and movements required [3] • <i>Near Symmetrical overall capability despite impairments</i> – Explosive power with required flexibility • Physical resilience – the ability to absorb blows and remain balanced, <i>despite impairments</i>. • Optimal anthropometric characteristics and impairment types based off WITTW update • Effective weight management and recovery processes in place	Para Players possess high level mental skills, processing capacity & capabilities: • <i>Self aware mentality around impairment</i> with a desire to <i>problem solve</i>, <i>test</i> and optimise performance • Psychological flexibility, adaptiveness, situational awareness and mental resilience • Deep self-belief and hunger to be the best in the world • Ability to self-regulate emotions and aggression – ability to maintain focus, conquer <i>fight or flight</i> and make conscious decisions • Commitment to learning + development regardless of performance outcome • High level of wellbeing & self-care practice to enjoy life and its journey	Para Players belong and are supported to perform when it counts through: • Para Players are strategically integrated within Able HP programs/clubs to leverage their strengths • Evidence-based and holistic Para coaching delivery characterised by world class technical and tactical taekwondo knowledge. • Inter-disciplinary para-aware performance support • Access to all Para specific equipment to test and acclimatise • More <i>Match Play</i> + Para Competition integration domestically and access to international events when ready • Access to camps, training and opportunities with AT/Para partners/internationals [5] • WITTW learning culture – all in culture to collect and inform what it takes to win

WITTW update – More data, better evidence to inform PADG factors/attributes and athlete planning

Utilising data sources from World Taekwondo, Taekwondodata.com, various para athlete biographies and press releases, we have collated data to inform our Para Performance Profile, based on either 2024 Paralympic Gold Medallists (GMs) or all Medallists (inc GMs too) data.

The updates inform,

- Technique, skills and tactical guidance around para TKD priorities to win fights [2]
- Pathway shaping and athlete planning for access to international competition, at what age and how many tournaments and what difficulty
- Potential categorisation timeframes for developing to podium levels (and the importance of readiness to fight)
- A medallists classification impairments profile, of all 2024 medallists, with clear trends illustrated
- Technical information around win/loss ratios, total registered fights before medals, scoring differentials in attack and defense
- Depth of field update across weight classes and gender, top countries and their entries, World TKD rankings and medals and repeat medallist dominance across classes

K44 PODIUM PERFORMANCE PROFILE

Para Performance Profile

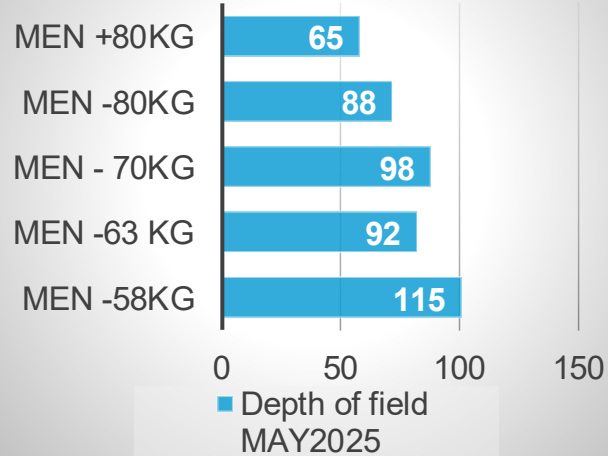
- Top 10 Paralympic Taekwondo Ranking (max number in largest division is 6 athletes)
- Attendance at 8 major events per year (World and Continental Championships)
- Maintaining physical performance benchmarks correlated with basic athletic proficiencies
*SCU completing analysis here
- Integrated into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



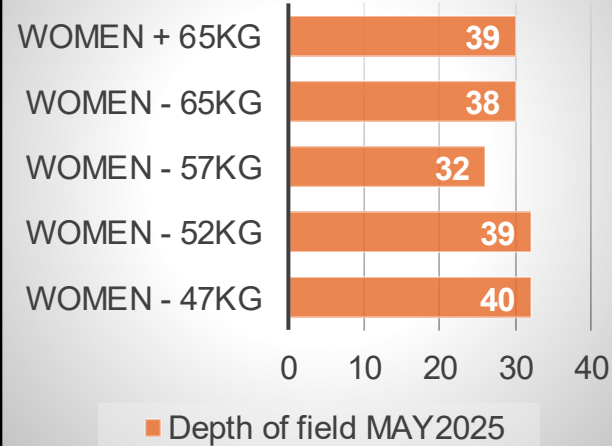
Performance Profile Factors of 2024 K44 PLY GMs and Medallists	Para TKD supporting evidence (2021 – 2024 Medallist Data)
Experiential Data - Who? 2024 K44 Paralympic (PLY) Gold Medallists only (GMs), All Classes and both genders Key Point: Suggesting around 20 years old is the international event readiness, slightly faster progression among females to Gold, data supports potential developing to podium categorisation timeframes.	Para TKD supporting evidence (2021 – 2024 Medallist Data) Males GMs did their first international event at <u>20.2 years of age</u> and won their GM by <u>23.6 years of age</u> , indicating <u>3.4 years taken</u> . Females GMs did their first international event at <u>20.6 years of age</u> and won their GM by <u>24.8 years of age</u> , indicating <u>4.2 years taken</u> .
Experiential Data - Who? 2024 K44 PLY GMs, All Classes and both genders and all 2024 PLY Medallists, All classes and both genders. Key Point: Informs athlete planning, around likely experience required in competition before medals and prevention of injury or risk in Paralympic year.	All 2024 Medallists on average completed, <u>Male: 6.4, Female: 7.6</u> tournaments of national and international standard in 2023 (G2 upwards). GMs completed 96 tournaments + on average, <u>male: 11, female: 8</u> minus outlier of Amy Tusdale GB at 26). In Paralympic year, para athletes backed off tournaments and generally completed only 1-2 events before the games.
Exceptional Fighters - Who? 2024 K44 PLY GMs, All Classes and both genders Key Point: Win/loss ratios for PLY gold medallists and total registered fights needed as experience before a GPL.	Males GMs had on average <u>29.6 registered fights</u> at international events before their Gold and won <u>77.2% of them</u> . Females (GMs) averaged <u>22.6 registered fights</u> at international events before their gold and won <u>79.94% of them</u> .
Exceptional Fighters - Who? 2024 K44 PLY GMs, All Classes and both genders – Key Point: Scoring differentials support our report that frequent, high intensity and accurate linear kicks (SCU report (2) and owning the mat with agile tactical stepping to evade/defend against opponents scoring are the critical functions to win GMs.	Male GMs scored <u>2.03 times</u> the amount they were scored against, across all registered fights at international events. Female GMs scored <u>2.206 times</u> the amount they were scored against, across all registered fights at international events.
Classifications and 'playing to impairments' - Who? All 2024 PLY K44 Medallists, All Classes and both genders. Key Point: Impairment types seen - Left arm impairments dominant, unilateral amputations under elbows dominant. Few muscle power or congenital and 5% bilateral (though both GMs). Forms a profile for classification if needed.	All 40x K44 Para Medallists - 5% bilateral amputee, 62.5% single arm amputee (16% above elbow, 84% below), 12.5% congenital impairments, 20% single arm paralysis/muscle impaired. Left arm impairments - 62.5%, right arm - 32.5% - both arms 5%.
Paralympic rankings and country weight division entries and repeat medallists - Who? All para TKD competitors 2024 Paralympic Games, multi-medal data - Key Points - Depth of field targeting, experience dominance of medallists, entries in general, means higher chance of medals (with 4 from 12 win medals - 33.3%).	Top 6-10 in world Taekwondo Para rankings across men and women could be para medallists (often leading to better seeding outcomes). 150% or higher repeat medallists in Para TKD - 6 men, 7 women repeat medals (2021 – 2024). See next page for depth of field and entry data.

Performance Profile Factors of 2024 K44 PLY GMs and Medallists	Para TKD supporting evidence (2021 – 2024 Medallist Data)
Experiential Data – Who? 2024 K44 Paralympic (PLY) Gold Medallists only (GMs), All Classes and both genders Key Points: Suggesting around 20 years old is the international event readiness, faster progression among females to Gold, data supports potential developing to podium categorisation timeframes.	Males GMs did their first international event at <u>20.2 years of age</u> and won their GM by <u>25.6 years of age</u>, indicating <u>5.4 years taken</u>. Females GMs did their first international event at <u>20.6 years of age</u> and won their GM by <u>24.8 years of age</u>, indicating <u>4.2 years taken</u>.
Experiential Data – Who? 2024 K44 PLY GMs, All Classes and both genders and all 2024 PLY Medallists, All classes and both genders. Key Point: Informs athlete planning, around likely experience required in competition before medals and prevention of injury or risk in Paralympic year. <i>*Noted COVID related impacts present in 2021-2022 but pre-covid/Tokyo medallists data aligns with 2023.</i>	All 2024 Medallists on average completed, <u>Male : 8.4, Female: 7.6</u> tournaments of national and international standard in 2023 (G2 upwards) GMs completed <u>G6 tournaments</u> + on average, <u>male : 11, female : 6</u> (<i>minus outlier of Amy Trusdale GBR at 26</i>). In Paralympic year, para athletes backed off tournaments and generally completed only 1-2 events before the games.
Exceptional Fighters – Who? 2024 K44 PLY GMs, All Classes and both genders Key Point – Win/loss ratios for PLY gold medallists and total registered fights needed as experience before a GM – <i>*Note it is unknown the volume of unregistered sparring that occurs at lower-level tournaments or between clubs/arranged match play. These numbers are also indicative of lower depth at some international tournaments.</i>	Males GMs had on average <u>29.6 registered fights</u> at international events before their Gold and won <u>77.7% of them</u>. Females (GMs) averaged <u>22.6 registered fights</u> at international events before their Gold and won <u>79.94% of them</u>.
Exceptional Fighters – Who? 2024 K44 PLY GMs, All Classes and both genders – Key Point: Scoring differentials support our report that frequent, high intensity and accurate linear kicks (2) and owning the mat with agile tactical stepping to evade/defend against opponents scoring, are the critical functions to win GMs.	Male GMs scored <u>2.03 times</u> the amount they were scored against, across all registered fights at international events. Female GMs scored <u>2.296 times</u> the amount they were scored against, across all registered fights at international events.
Classifications and ‘playing to impairments’ – Who? All 2024 PLY K44 Medallists, All Classes and both genders. Key Point: Impairment types seen – Left arm impairments dominant, unilateral amputations under elbows dominant. Few muscle power or congenital and 5% bilateral (though both GMs). <i>Forms a potential profile for classification, if required.</i>	All 40x K44 Paris Medallists – 5% bilateral amputee, 62.5% single arm amputee (16% above elbow, 84% below), 12.5% congenital impairments, 20% single arm paralysis/muscle impaired. Left arm impairments – 62.5%, right arm – 32.5% - both arms 5%.
Paralympic rankings and country weight division entries and repeat medallists – Who? All para TKD competitors 2024 Paralympic Games, multi medal data Key Points – Depth of field targeting, experience dominance of medallists, entries in general, means higher chance of medals (with 4 from 12 win medals – 33.3%).	Top 6-10 in world Taekwondo Para rankings across men and women could be para medallists (often leading to better seeding outcomes.) 50% or higher repeat medallists in Para TKD – 6 men, 7 women repeat medals (2021 – 2024)

Depth of field –
Ranked Athletes



Depth of field –
Ranked Athletes



Country	Men's K44 Entries	Women's K44 Entries	Total Entries	Medals won
TUR 	4	4	8	
UZB 	3	2	5	
IRI 	3	2	5	
GBR 	1	2	3	
MON 	1	1	2	

Depth of Field and ranking points till May 2025 (World Taekwondo)

Significant Women's Depth of Field Opportunities – especially middle weight total competitors – Total ranking points drops sharply under 100 points from top 6-12 across women's weight divisions.

Men's Depth higher overall but some opportunities in +80kg division – Total ranking points accrual is deeper in men's where top 10-16 are above 100 points and dominant athletes appear at top 3-5 in weight divisions.

2024 Paris Paralympic Games

10 events total, 4 medals in each weight class, across mens and womens, 5 x weight divisions. 20 Mens and 20 Womens medals.

- TUR had 8 entries with 5 medals – Dominant entry earning nation
- GB and MON converts entries to medals well (WITTW?)
- UZB and IRI with 3 medals each (Consistent Performers earning 5 entries)
- Many other central Asian countries with 2 medals
- BRA dropped from 3 medals in 2020 to 2 in 2024
- AUS with no entry, due to classification shift old K44 to new K44

Overview

The Para TKD pathway is in its *formative stages* and will initially target its resources to support high potential individual campaigns and engage in the targeted ID/recruitment and development of Para talent.

AT is currently,

- Identifying in-sport para talent, while systemically enhancing its talent transfer recruitment and retention, *especially for females due to depth (continuing to seek and confirm males, especially upper weight)*
- Responsive international athlete recruitment via HP sport migration methods
- All incoming Para players/athletes connect with Para Technical Lead formally on entry to consider their background and impairment history to inform their individual development planning and needs
- Forming integrated Para aware TDE's, camp based national development opportunities and Para processes that are fit for purpose and can be scaled, based on athletes' campaigns and program needs.

In Taekwondo Talent Identification and Talent Transfer

In the traditional AUSTKD pathway, players are organised into age brackets. I.e *Cadet, Junior and Senior*. Due to the nature of the Paralympic pathway and the uplift in Australia, it is speculated that talent transfer will likely lead to more recruitment vs the traditional TKD pathway to compete in the K44 event at the Paralympic Games. The TID and Transfer PADG regression-based factor (see appendices) are provided to coaches, partners and players through *WITTR* and the *Athlete's Journey handbook* and are reviewed at the end of the three month explore period via coaches and players reflecting together on the *talent confirmation questionnaire*.

Belt system, Integrated HP clubs and NPDPS

Taekwondo at its foundation is a martial art and sparring is an extension of the art. Levels of progress within the sport are represented by belts and players will need to factor in earning their belts to compete at *colour levels* (which influences domestic and international competition entry).

Para TKD will support integration into AT aligned HP clubs/state pathway programs with a focus on World Class Para environmental considerations. Aligned clubs will deliver TID and talent transfer '*Explore*', confirmation and learn to '*Train and Fight*' components. The AT led *National Para Development Pathway Squad* will offer confirmed Para athlete a camp-based Para specific development opportunity supporting them on the way to higher categorisation at senior status where deliberate campaigns with key coaching and support teams occur by '*Win*'.



Para TKD Performance Pathway Overview



Explore

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.



Train

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.



Fight

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.



Win

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.

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*

'Near Universality'- AUSTKD Performance Pathway Guidelines

AT recognises the *near universality* when utilising the *AUSTKD Performance Pathway Guidelines Frameworks* to develop Para players/athletes and the Para program environments, across the technical/tactical, physical, mental and environmental factors and their attributes.

Performance Pathway - Para Player/Athlete Profiles

Under each factor and their attributes, we seek to acknowledge the consistent similarities with progressive able-bodied TKD development and why integration is essential but also where *Para specificity has an* impact and how we may problem solve and develop Para players and athletes effectively.

This holistic approach to development will mean better prepared Para athletes who play to their impairment and are ready to demonstrate exceptional fighting abilities, perform at their peak, are mentally prepared and skilled and importantly that they feel supported to perform when it counts. We intend to instil our WITTW learning culture and continue updating and optimising as we progress.



Exceptional Fighters - Technique, skill and tactics

Para TKD primarily aligns to the progressive *skill development framework* for able-bodied TKD, given the universal nature of most Taekwondo techniques, skills and tactics.

Para specificity and key differences

- Mindful coaching adaption or adjustments within training environments, i.e warm ups, drills and sparring for Para specific impairment limitations
- Para Rules - No head kicks means limiting the training for techniques like the **axe kick**, punching does not score but it is considered a tactical play to be learned and it is prudent to acclimate with head gear with visors in training (Para players can be matched for sparring with able-bodied cadets, they have the same headgear rules).
- Factoring in the impact of balance and asymmetry from impairments and applying patience around developing '*near symmetrical*' technical abilities.
- Maintaining high challenge but safe and inclusive practices with regards to technical coaching, to gradually increase intensity and shock for players and athletes
- *A dual pathway*, some para players come from Taekwondo clubs and some will come through transfer. At pre-cat, we observe and provide feedback, based on individual context.

Pre-categorised - Notably there will be a difference between Para TKD TID athletes and transfer athletes with regards to their immediate technique, skills and tactics. One will have time on the mat and the other may have complimentary movements/skills. At pre-cat, athletes are generally building a repertoire of technique *forms* (i.e *kicks/movement*), learning the Para technical rules, progressing belts, while testing basic rules and appropriate skills when sparring. It is the time for *searching and exploring*, learning more about their impairments and developing broad technical ability in a supportive and competitive club environment.

Emerging - Developing/NPDPS - Once TID/transfer Para athletes are confirmed by AT and consistently training within clubs and the NPDPS, they *discover and integrate* complex and precise skill combinations, 'Fight IQ', strategic adaptability and independent tactical decision-making. With more time on the mat, all Para athletes proactively learn how to compensate for impairments by identifying asymmetries within their techniques and application of skills. *Match play* (coach led tournaments) with multiple sparring partners will occur at clubs and camps and simulate the complexity of international tournaments, including management of the contest, use of PSS equipment. At this stage athletes access domestic and begin international competition when assessed as ready.

National HP squad - Podium – Senior Para athletes will *demonstrate and exploit* their technical prowess. They show exceptional kick selection based on all available cues and can evade and defend proactively. They analyse themselves and opponents closely around fight/impairment manipulation and intentionally become unpredictable. They have a pre-fight plan and can make rapid tactical adjustments. They execute offensive and defensive repertoires efficiently, under pressure, at international competition. Their structured progression ensures the necessary agility, accuracy, and consistency in executing key techniques into skills for scoring and evasion, at an unconsciously competent capability level

CAT	TID/TT - Pre-Categorised	NPDPS - Emerging – Developing	National HP squad – Podium
Exceptional Fighters - Technique, skills and tactics	At Pre-Cat level we encourage para players to focus on technique forms, skills application (such as core kicking skills) and tactics in sparring. Both TID and Transfer players begin to explore and understand their impairments and the impact they have on movement, technique and skills. They may be observed problem solving or compensating initially. TID TKD players that progress through club and belt stages will be able to compare readily to able-bodied <i>cadet/junior ADG technical</i> requirements especially around set ups, technique, skill application, stepping, opponent management, basic fight IQ and demonstrable adaptability. Transfer players are learning how to set up and apply technique through <i>forms</i> and test them as <i>core kicking skills</i> in sparring. They will be assessed on their technique forms for belts within the club system. - While conscious to their formative nature within TKD they can mechanically perform each core kick including Roundhouse Kick / Cut Kick / Back Kick/Hook Kick, though not consistently during sparring, or under pressure. - The player is beginning to learn tactical stepping to set up for offensive tactics or to control distance to opponents, including mat space and the fight tempo. - Transfer Athletes show rudimentary ‘Fight IQ’ by beginning to observe opponents for offensive ‘<i>openings</i>’ and cues for defensive movements like evasive steps, <i>clinch</i>ing and any <i>blocking</i>.	Confirmed para talent begin to categorise and acquire tactical concepts and apply personal strategies to suit strengths and protect their weaknesses and impairments. They are consistently demonstrating required set up, technique and skills in sparring and making more tactical decisions. - Para athletes will develop to a level of conscious competencies around setting up for the application of various kicking techniques in a consistent and repeatable way. It is yet to be automated. - Para athletes display consistent core kicking skills and can form combinations with a moderate level of accuracy and power including Roundhouse Kick / Cut Kick / Back Kick / Hook Kick - Para athletes are able to demonstrate their range of attacking, counter-attacking and defensive repertoires and should be able to apply these in <i>most</i> specific situations with effective execution and then develop efficiency across the skills. - The Para athlete demonstrates mid level spatial and situational awareness to respond to the emerging needs (attack/defence) by both managing the contest and tactically stepping to evade and set up new kicks. - Para athletes are working closely with coaches on a pre-emptive fight strategy via feedback including alternative tactical scenarios, based on opposition analysis, self and opponents' impairment caused limitations or their own personal strengths to play to. - They discover the use of surprise by mixing fight tempo, intensity and their choice of offensive or defensive posture with opponents to enhance unpredictability.	Podium Para athletes demonstrate unconscious competencies across technique, skills and tactical application and can apply them based on exceptional adaptability while under pressure. - Podium Para athletes display high intensity accurate kicking selection, based on available analysis and cues from opponents. - Timing, force and precision management of kicks and agile stepping movements - Consistent purposeful set up and application of technique and varied combinations, while under pressure - Effectively uses internal feedback in the moment and external feedback afterwards to adjust strategy, with and without coach input. - “<i>Fight IQ</i>” - <i>Tactical adaptability</i> within the contest - Effective tactical repertoire of scoring and countering options from any situation, regardless of PSS scoring system utilized [1]. - Effectively manage and read the contest, <i>while pre analyzing, forming pre-emptive fight strategy and playing to all impairments present</i> - Maintaining the element of surprise through being unpredictable

Physically dynamic and robust – Physical Attributes

Due to K44's upper limb impairments only, there are universal approaches for developing physical dynamism and robustness that align to the able bodied AusTKD Physical Attributes guidelines.

Pre-Cat and Emerging/Developing - *'Exposure to a defined physical literacy curriculum to develop holistic athleticism requirements across a wide range motor patterns both intrinsic and extrinsic to taekwondo'*. This approach is relevant for para-athletes at these categorisations and would be the basis for on and off the mat training to improve *agility, balance, spatial awareness, flexibility, speed, anaerobic and aerobic capacity. Taekwondo athletes' strength, muscular endurance, postural stability, flexibility, agility, and speed are important factors for improving performance, including accuracy and skill development* [12]. These attributes based on research are aligned to our Para WITTW and form the foundation for the effective range of dynamic movement, technique execution, skill application and injury prevention.

Para Specificity

AT is mindful of factoring in the Para specific *individual* impairment type and history, backgrounds, training age, prior donor sport engagement and the physical impacts of impairments. *'The para-athlete is the expert on their impairment* [10], we seek to leverage this. Respectfully gaining this context, regardless of TID/TT background, enables our collective understanding of their stage of physical dynamism and robustness. Aligned with benchmark testing, it will indicate current physical abilities, their readiness to progress and will inform athlete IPPs and benchmarks for the future [7]

Impairments - *our WITTW analysis of all 2024 Paralympic medalists suggests,*

- 95% of the 40 x 2024 Paralympic medalists have **unilateral limb deficiency** (e.g., amputation or impaired arm function) with 65% of them having an amputation (and 85% of them below the elbow), 20% have a limited range of motion or muscle power in one arm.
- The noted physical impacts of impairments include *imbalance, lack of spatial awareness, carrying a 'dead weight' in the impaired limb, an overly dominant stance, clear asymmetry in techniques/skills, less limb length or function to block, which can lead to defensive capability loss.*
- AUS Para TKD coaches and former/current HP athletes comment on the importance of gaining individual understanding and then deliberately being a *'inquisitive performance detective'* [10] to solve for physical and flexibility-based asymmetries in technique, skills and their tactical application.

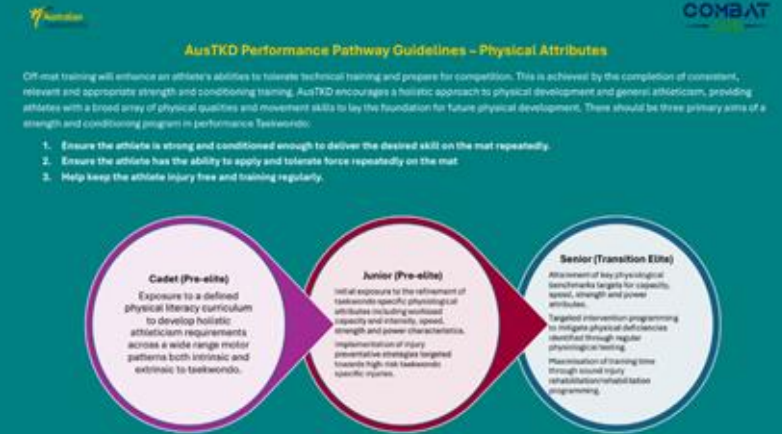


Figure 1: AusTKD Performance Pathway – Physical Attribute Progression

[Click here to explore the AusTKD Performance Pathway – Physical Attributes in detail.](#)

What does physical development look like on and off the mat at Pre-cat/Emerging?

Most physical programming will be player/athlete led or occur within TKD clubs at regular training, until performance support access, safe S&C programming/recovery is available. Based on research, integrating core balance and plyometrics exercises [12] on and off the mat at earlier stages of TKD development (pre-cat and emerging) is conducive for 'improving muscle and core strength, balance and anaerobic power' [12].

On the mat

- Skill-based drills: Technique forms, *Core kicking skills*, multi stance work, reaction drills.
- Dynamic warm-ups: Mobility exercises, agility stepping and ladders
- Balance & coordination work: Single-leg drills, controlled kicking sequences and distance awareness work. [12]
- Speed & agility: Footwork drills, quick directional changes, pivots, spins etc.
- Modified sparring: Controlled scenarios focusing on technique, timing, and movement effectiveness.

Off the mat

- Strength training: Bodyweight exercises (squats, lunges, push-ups) initially, progressing to relevant resistance programming for lower body power and explosiveness when categorised and ready
- Plyometrics: Jumping, hopping, lunges and bounding [12].
- Flexibility & mobility work: Dynamic stretching, foam rolling, and movement prep.
- Aerobic & Anaerobic conditioning: Gamifying cardio, short sprints, laddered interval training primarily and medium distance running for endurance
- Basic Recovery protocols: Emphasis on sleep, hydration, nutrition, weight management

Physical testing and benchmarks

Para athletes will test with the same able male and female standards in the AUSTKD guidelines based on research [11], except for Para specific single arm lateral pull down and floor press. *If during recruitment there are bilateral impairments, we will need to adapt.* Over the next 2 years, with a small sample we can form data for an evidence-based approach and determine if we need to adapt testing forms accordingly.



CAT	TID/TT - Pre-Categorised	NPDPS - Emerging and Developing	National HP Squad – Podium
Physically dynamic and robust	<i>Pre-Cat players will come from TID or Transfer backgrounds and bring varied impairments, physical attributes and initial capabilities.</i> - <i>Physical resilience</i> is a nonnegotiable attribute. Para players must demonstrate the ability to absorb blows, remain balanced and recover quickly. - Players develop basic fight stamina through age and stage-appropriate sparring and interval drills on the mats. They can tolerate moderate intensity over short rounds to develop anaerobic capabilities while building an aerobic base from standard TKD training sessions and cardiovascular training like short sprints on the mat - Players can begin to balance and realign stance before, during and after kicks and turns. They move well, though can be challenged when fatiguing to maintain technique, and skills are lacking, especially in sparring. - Players show basic spatial awareness and begin to track movement control and where they are on the mat, while exploring distance to their opponents. - Players will begin to test their physical limitations to build awareness. Where do asymmetries appear? Are they caused by flexibility or impairment? How can they mitigate them initially or compensate? - Players will explore their suitable weight class with their coach and gain guidance on likely power to weight projections, based on their anthropometrics. - Player will explore warm up and consider adequate recovery methods to enable consistent training. - Players pursue education around effective warm ups and injury prevention from coaches	<i>Para players begin to become athletes and typically gain access to S&C and plan led performance support once confirmed and categorised, which enables developing physical attributes in a more controlled fashion off the mat.</i> - Para athletes build anaerobic capacity through moderate-to-high intensity sparring intervals, while developing aerobic endurance via extended technical sessions on the mat and endurance/explosive based cardio training (i.e running medium distance less often/interval sprints more often) - Athletes display stable stance and intermediate movement control throughout their offensive and defensive actions. - They can demonstrate agility during complex drills and can execute most times under fatigued states. - Athletes begin to blend physical and technical/tactical abilities by adjusting their offensive/defensive decisions based on their individual impairment-related movement patterns, physical strengths and any known limitations. - Athletes now have an awareness of their physical limitations and asymmetries and apply strategies with coach feedback and their own assessments to minimize or mitigate them. They are still testing to discover what works - They gain S&C and nutrition programming support to target, test and maintain their optimal weight class, while enhancing their explosive power, evasive agility and general spatial awareness. - Physio support at this level enables education and discovery of further body awareness and flexibility guidance, consistent injury prevention i.e warm ups and adequate recovery techniques from high intensity sparring, especially at tournaments.	<i>Senior Para Players have a close performance support team aligned with their coach, they have optimized their physical attributes for their weight class, are acutely aware of their impairment or physical limitations and have problem solved them to find solutions and they can consistently and consciously demonstrate,</i> - High level of Taekwondo specific fight conditioning - Stability & strength of major joint complex - High anaerobic/aerobic capacity - Exceptional dynamic movement, fight tempo management and high-level agility and footwork output, while under fatigue [2] - <i>Excellent Spatial Awareness</i> – the capacity to sense and comprehend the body's position, distances and movements required [3] - <i>Near Symmetrical overall capability despite impairments</i> – Explosive power, dexterity and flexibility - <i>Physical resilience</i> – the ability to absorb blows and remain balanced, <i>despite impairments.</i> - Optimal anthropometric characteristics and impairment types based on Paris K44 medallists evidence - Effective weight management and recovery processes in place

Mentally Prepared and Skilled – Mental Attributes and the MPC framework

In modern high-performance Taekwondo, success depends on more than just technical, tactical, and physical proficiency. The demands of elite competition call for athletes who are adaptable, resilient, and mentally agile, qualities that emerge through deliberate, ongoing mental skills development led by coaches, performance support staff and the athletes themselves.

Para Specificity

For all TKD athletes, both able and Para, most of the Podium Performance Profiling on ‘*mental attributes*’ and the MPC framework guidelines are weighted equally important. Para TKD players can access the AIS ‘Start Strong’ Program and categorised athletes will be introduced to the MPC framework by *developing* categorisation.

To add an additional layer, the impairment type predominance of amputation in the K44 class (with a smaller % of paralysis/muscle impairment and congenital impairments) means we must factor in the additional individual psychological impact on Para athletes. Specifically, that upper limb impairments (like amputation) cause psychological challenges *including disturbances in body image, pain, changes in self-concept, impaired physical function and the use of prosthesis*” [4].

Potential identity and self perception issues, lower athletic drive, lower pain tolerance and environmental stressors are not conducive for HP para-athlete development. For Para athletes to perform when it matters, we must support them by lessening the challenges at each transition through the pathway, so they can develop self awareness, confidence and readiness to maintain the hunger to be the best in the world.

Therefore, as aligned to the “*Understanding Barriers to Entry and Progression in the High-Performance Pathways for Para Athletes*” report [5], AT leadership, coaches, other athletes and performance support staff that interact with Para athletes must be supported and educated systemically in empathy, disability and inclusion principles to create awareness of the transitions for Para performance.



In addition to the MPC framework – AT utilises the **AIS ‘Start Strong Program’ for player wellbeing and readiness education**. *Start Strong* is the program that enables development opportunities for pre-categorised and emerging athletes that covers mental health, community engagement, career/education and professional development.

- **LEARN:** To experience a sense of learning, advancement, achievement, personal growth and purpose in life
- **THRIVE:** To experience hope, energy, resilience, self- awareness and self-acceptance, autonomy and environmental mastery
- **CONTRIBUTE:** To experience the satisfaction of helping others and the active involvement of positive relationships

AIS WELLBEING LEARNING & DEVELOPMENT FRAMEWORK		
LEARN	THRIVE	CONTRIBUTE
Personal Development ▪ Personal Values ▪ Storytelling	Mental Health ▪ Mental Health Referral Network (MHRN) ▪ Athlete Wellbeing Toolkit ▪ Relocation Support	Community Engagement ▪ BDI ‘Mental Fitness Program’ ▪ Share a Yarn
Education ▪ Elite Sport Education Network (ESEN) ▪ Athlete Education Scholarship Program	Digital Safety ▪ Digital Wellbeing	Mentoring ▪ Mentoring Program
Career Development ▪ Career Practitioner Referral Network (CPRN)	Financial Literacy ▪ Financial Wellbeing ▪ Building Your Business ▪ Personal Budgeting	Serving Others ▪ Community Events
AIS ‘START STRONG’ PROGRAM – Wellbeing Modules for Emerging and Pre-categorised athletes		

CAT	TID/TT - Pre-Categorised	NPDPS – Emerging and Developing	National HP Squad – Podium
Physically dynamic and robust	<i>At the entry level to the Para pathway we look to observe players who develop as TKD martial artists to form fighting spirit, basic self awareness and discipline, take on feedback, listen and progress themselves. They will self assess before confirmation with the ‘talent confirmation questionnaire’ and can access support aligned to the AIS wellbeing learning and development framework*.</i> The player recognises their impairment and shows curiosity in how it may affect their balance, movement or technique for Taekwondo, they start experimenting with basic solutions for form. - Especially true for transfer athletes, they can deal with new and changing situations in the club environment without too much frustration. They can show growth mindset when under controlled challenge and bounce back to keep going. - The player enjoys the challenge of training and sparring, has ‘the fighting spirit’ and starts setting small personal goals. They express ambition when tested and supported. - High on coachability, flexible and open to feedback. Players start seeing errors as learning and can demonstrate self coaching. - The player learns the ability to form routines and structure and can balance their wellbeing, be aware of their weight and demonstrate commitment to regular training.	<i>As players become athletes, they will gain access to MPC programming and performance support. We are looking to observe impairment aware problem solvers, who are constantly looking for ways to improve performance and maintain their wellbeing, even as environments and competition pressures change.</i> - Para athlete actively tests around their impairment and begins to adapt techniques to optimise performance, they are mentally open to feedback and understand with acceptance that there may be some asymmetries that can’t be solved completely. - Aligned to MPC psychological flexibility, they learn and become capable of developing a fight plan and adapting it with new information. - They have strong internal competitive drive and identify themselves as an athlete achieving high-level goals. - Athlete demonstrates MPC skills and can begin to compose themselves to remain <i>objective</i> and logical during matches. This displays as informed decisions over emotions, to get the right kick at the right time. - Reflects constructively on performances. Seeks better strategies, observes other athletes and receives new input openly. - Player starts to thrive and understand/appreciate the role of AWE and other support mechanisms for wellbeing. Players seek help in adapting routines, periodising training, managing stress and impairment related challenges - They seek support to collaboratively stay at the top end of their weight class, when required to compete.	<i>At an elite level, athletes can progressively demonstrate their knowledge and application of the MPC framework. They have excellent problem solving, situational awareness and mental flexibility to achieve their peak performance benchmarks while actively pursuing their own wellbeing and balance.</i> • <i>Self aware mentality around impairment</i> with a desire to <i>problem solve</i>, test and optimise performance • Psychological flexibility, adaptiveness, situational awareness and mental resilience • Deep self-belief and hunger to be the best in the world • Ability to self-regulate emotions and aggression – ability to maintain focus and make decisions • Commitment to learning + development regardless of performance outcome • High level of wellbeing & self-care practice to enjoy life and its journey

World Class Para Performance Environment - *Considerations*



The following section elaborates on each of the 6x Para specific considerations for World Class Performance Environments. Aligned to Para TKD HP strategy and able-bodied TDE considerations.

HP integrated Para environments

- Inclusive and safe training environments in aligned Taekwondo clubs
- Align coaches and players to our AT values (teamwork, integrity, accountability, courage and respect)
- Capable of integrating Para athletes with necessary awareness and adjustments to develop players and inspire a lifelong passion for taekwondo.

Effective Para Coaching specificity

- Work to AT's '*Guiding Principles*' (WITTRR) for Para Coaching, an athlete-centric, adaptive and evidence-informed approach that respects athletes with physical impairments
- The ability to adjust and adapt para programming, while operating in able bodied TKD club
- An understanding of classification, individual players impairment histories and their functional abilities and how these impact them on and off the mat [7]
- Coaches must design individualised training programs [7] that emphasize movement and skills effectiveness initially and then later focus on gaining efficiency under pressure or fatigue
- Coaches must seek to test and enhance physical and mental resilience so when players or athletes compete, they are ready
- Communication, building trust and planning ahead deliberately. Para coaches will closely collaborate with their athletes and relevant multidisciplinary teams

Para aware Performance Support

- Para-aware performance support in Taekwondo must be tailored to the unique functional, physiological, and psychosocial needs of athletes with impairments, integrating both Taekwondo and impairment specific knowledge and expertise.
- Two examples could be, a TKD informed nutritionist who helps athletes effectively manage weight to remain in their division. Another could be a physiotherapist who provides support around mobility issues caused by impairment asymmetries and can keep an athlete moving through a tournament, even when they are under fatigue, restricted movement and pressure.



WITTW Para Learning Culture,

- Fostering a para performance culture, often within able bodied environments, that values inclusion, continuous learning, progressive challenge and adaptive excellence
- Technical, physical and mental projects derived from WITTW exploration to collect evidence to inform better coaching and programming for world best Para development
- Consistent and live athlete plans (campaign plans at elite and IPPs once confirmed) to target effort and resources, learn what works best and is repeatable.
- Develop a community of practice amongst coaches who operate in the Para space to promote shared learning and overcoming challenges together.
- Looking outwardly at what other countries are doing strategically based on their successes (i.e WITTW update indicates TUR, GBR, IRI, AZB, UZB, MON) in ParaTKD to learn potential models for transfer, development and WITTW

Para TKD Camps and Competition

- Targeting training age and stage appropriate tournaments, based on athlete readiness
- Campaign support to access tournaments required for WITTW for senior athletes
- NPDPS camps at least twice a year to connect para athletes and staff, communicate, train and learn together
- Performance support education and access at NPDPS camps
- Informal camps between clubs and states to structure match play, access different coaching philosophies, develop travel readiness.
- Physical testing can be completed at camps to maintain benchmarks

Para Specific Equipment

- Though most of the athletes uniform and protective gear are the same as able bodied, coaches and athletes speak to the need to wear and acclimate to the use of headgear with facial visors in training, which is required under WT Paralympic rules. It can limit vision, become fogged and create a feeling of enclosed.



Para Athlete WITTW and TDE Development Projects

With current limited exposure to Para TKD world class environments, we must begin to deliberately collect intelligence and form innovation-based projects, so while para-athletes begin or transition through their own campaigns, we are learning as a program, capturing knowledge and informing future plans, coaching and athlete development.

PSS scoring system project	Analytics Project	‘Turn and Spin Kicks’ Capability build project	Physical testing and benchmarks	Para TKD Transitions
There are presently 3 types of PSS systems in play for scoring Daedo, KPNP and Waychamp. There is technical research based on two systems presently [1] Anecdotal, it appears each scoring system has its idiosyncrasies and sensitivities. The project, attain all three sets on newest update x 2 - deploy them at national camps for testing - Scientifically map out any differences, or points of interest to manipulate the equipment for scoring or defensive purposes. - Look at the fit on each para athlete to understand exposure	Potential Project – Para Technical Lead to form a set of metrics to support an ‘evidence based approach’ [7], i.e technical, impairment, physical, penalties etc to gather at each international tournament/individual fight to form a framework for para athlete analysis that is repeatable. Once metrics are agreed as repeatable and valid. continue collecting the priority metrics, especially at world best events (i.e Para World's/Euros) to inform any further updates of WITTW and better strategy contexts for match plans.	Turn and Spin Kicks earn the highest points and are often considered the most risky attack manoeuvres. Pilot project - Can we break down the technique and skills application for these kicks, i.e with skill acquisition support? and utilise both coaches and a multi disciplinary team to develop the technique, skills and physical capability to tactically use and deploy these kicks at the right moment? - Test viability - Real world testing in lower impact tournaments	Utilise existing TKD benchmarks developed from research [11] for able within the physical guidelines with a few para specific tests, record the data, see if need to adapt the findings into further Para specifics. It would stand to reason some balance-based testing and ways to expose asymmetries would be useful to aid coaches and S&Cs to prepare athletes based on podium tech/tac and physical attributes.	Through the existing Para TKD committee, form a steering committee and EOI a broad project team including athletes, coaches, staff and performance support to explore the key transitions for Para athletes in Taekwondo and what the barriers and enablers will be along the performance pathway. The purpose is to form a transitions road map and guide resources to enabling factors when required. We can initially utilise IPP trends and exit processes to start collecting data. This will aid our recruitment and retention of players/athletes and help them finish their careers with a sense of honour and ongoing connection to the TKD community.

Australian Taekwondo would like to
thank our system partners
CombatAUS and the AIS, all the
taekwondo coaches and industry
experts that have supported the
development of the AusTKD
Performance Pathway Athlete
Development Guidelines



1. Márquez JJ, López-Gullón JM, Menescardi C, Falcó C. *Comparison between the KPNP and Daedo Protection Scoring Systems through a Technical-Tactical Analysis of Elite Taekwondo Athletes*. Sustainability. 2022
2. Del Vecchio, Crowley-McHattan, Whitting, Corcoran, “*Time-Motion and Performance, Para-Olympic Taekwondo*”. 2025
3. Yilmaz et al, *Effects of proprioceptive training on sports performance: a systematic review*. 2024
<https://pmc.ncbi.nlm.nih.gov/articles/PMC11225257/>
4. Shahsavari et al, “*Upper Limb Amputation, care needs for reintegration to life: An integrative review*”, 2020
5. Green et al “*Understanding Barriers to Entry and Progression in the High Performance Pathways for Para Athletes*”
6. Proios et al, “*Athletic identity profile for people with physical disabilities*” 2018, p10-11
7. Dehghansai et al, “*Pathways in Paralympic Sport: An In-Depth Analysis of Athletes' Developmental Trajectories and Training Histories*”, 2021
8. Taylor et al, *Strategy in talent systems: Top-down and bottom-up approaches*, 2022
9. Patatas, J et al. Managing parasport: An investigation of sport policy factors and stakeholders influencing para-athletes' career pathways. (2020)
10. Eamonn Flanagan et al, *Preparing the Paralympic athlete: Principles for S&C coaches*[lete-principles-for-strength-conditioning-coaches/](https://www.sportsmith.co/articles/preparing-the-paralympic-athlete-principles-for-strength-conditioning-coaches/)
11. Nabizadeh et al, *Physical, physiological and psychological profiles of elite Turkish taekwondo athletes*, 2020
12. Buong-O Chun et al, *Effects of core Balance and Plyometric Training on Anaerobic Power and Dynamic Postural Stability in Youth Taekwondo Athletes*, (2021), *introduction, purpose, conclusions* p164-167

<https://www.sportsmith.co/articles/preparing-the-paralympic-athlete-principles-for-strength-conditioning-coaches/>