

AUSTRALIAN PARA TAEKWONDO – COACH GUIDELINES

“WHAT IT TAKES TO RECRUIT AND RETAIN” (WITTRR)

Identifying the Para specific talent transfer factors that will enable Para Taekwondo to effectively recruit and retain high potential players toward Paralympic medals in 2032

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Thank you for your engagement

References



Australian Taekwondo (AT) recognises the need for a *purposeful* approach to Para *talent transfer (TT)* recruitment, access and sport navigation and retention, while also being aligned to our own 2024-2028 *HP Para TKD Strategy*.

The rationale to form guide documentation like WITTRR is to be deliberate and proactive around addressing barriers for current and potential TT Para players in Taekwondo as highlighted in “*Understanding Barriers to Entry and Progression in the High Performance Pathways for Para Athletes*” report (1).

AT is field testing a navigable “**Explore, Train, Fight and Win**” pathway model for TT athletes. We acknowledge a higher probability that TT athletes will add depth across the K44 class, especially with the proliferation of *Para Units* and *Multisport transfer initiatives* in the AUS Para HP system.

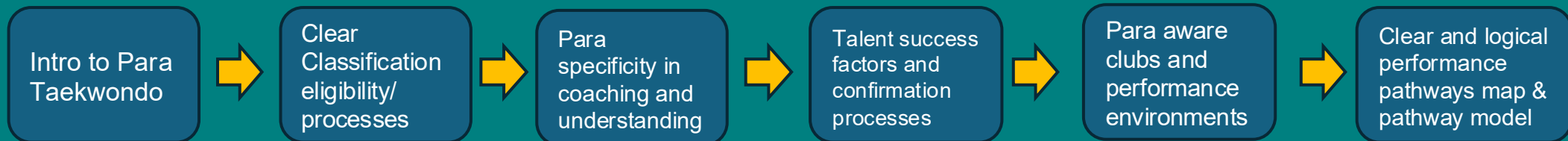
This document will identify the key success factors and actions for recruitment, easier access and navigation and the retention of para-athletes along their journey. We aim to recruit more of the right Para players with the capacity to win Para TKD Gold for Australia in 2032 and beyond.



8. BARRIERS – PRIMARY AREAS OF IMPACT

Following the analysis of the 140+ unique barriers identified through the working and advisory groups, supported by the literature review and the data gathered from system survey, seven major themes were recognised. Each theme presents unique barriers to entry and progression through the HP system for Para athletes.

1. Access to & Navigation through High Performance Pathways
2. Classification
3. Coaching Depth, Support and Development
4. Knowledge & Literacy of Para Sport
5. Para Workforce Structure & Capacity
6. Access to Domestic & International Competition
7. Appropriate Training Environments & Equipment



Who are they for?

Essentially anyone who is *coaching, supporting or assessing talent transfer players* for the purposes of Para TKD recruitment, pathway navigation and retention including,

- Transitioning able-bodied TKD coaches in clubs
- Athletes transitioning to be Para coaches
- Current Para TKD Coaches
- Partner talent assessors (NIN/PA/AIS/other Orgs)
- External Australian Taekwondo Partners

Informed by

- Updated “What it takes to win” and “Para Athlete Development Guidelines” May 2025.
- Para HP Strategy and research
- Para TKD Coaches
- Performance support practitioners
- Other sports Para leads
- Key stakeholders and leaders in AUS HP sport system





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)** under 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, timing and evading or blocking opponents' kicks. Athletes wear Para specific protective gear.

Introduction to Para Taekwondo

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

What is 'Classification' for Para Sport? (International Paralympic Committee)

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**.

Which Para Players are eligible for K44 classification? How do you get classified?

In layman's terms, K44 = players with impairments in one or both arms, that affect at least one shoulder, wrist or elbow. This includes limb length difference, impaired muscle power and impaired passive range of movement.

The need for distinctive para-sport policies has been acknowledged, particularly for classification processes (6), AT has a policy and leads the classification process with provisional technical and medical classification in Australia.

If you are a coach or partner that has questions or requires support, contact Jerry Moraitis directly, or scan the QR code for more. *On the next page is the impairment eligibility specifics for K44 classification.*



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



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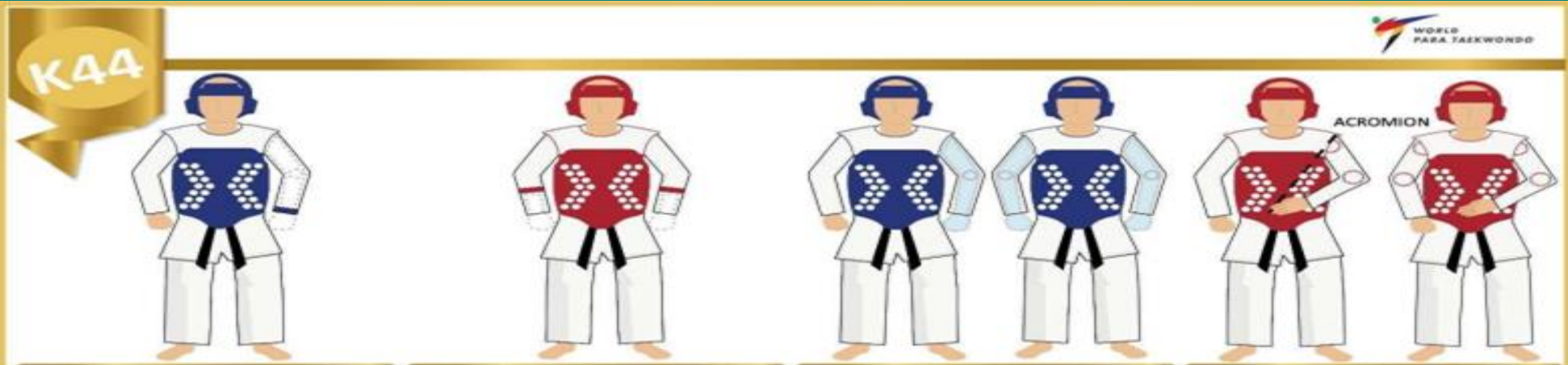


Jerry Moraitis
Para Technical Lead

K44 Classification overview – impairment eligibility

What are the K44 ‘Superclass’ specific impairments to assess for provisional/international classification?

Excerpt and imagery 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 your identification of high potential Para players/athletes for K44 classification, or alternatively via them agreeing to a Para TKD exploration period, 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, TT and international sport migration 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*' (2) and is a major Para athlete transition due to its potential '*impact to enable or prevent*' access (4).

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.

When looking at Para talent transfer athletes, we must acknowledge that *they will be different to organic talent identified TKD players*, who come through existing club streams at *cadet or junior* level and bring existing techniques, skills, tactics and physical abilities from their time training in clubs and earning their belts.

When working with all Para Players/Athletes, $n=1$, a truly athlete centric approach is required to understand, coach and support them holistically (3).

For Talent Transfer (TT)

*The following considerations are important to be curious about for clubs/coaches as TT players enter environments, aligned with AT's **Explore** phase.*

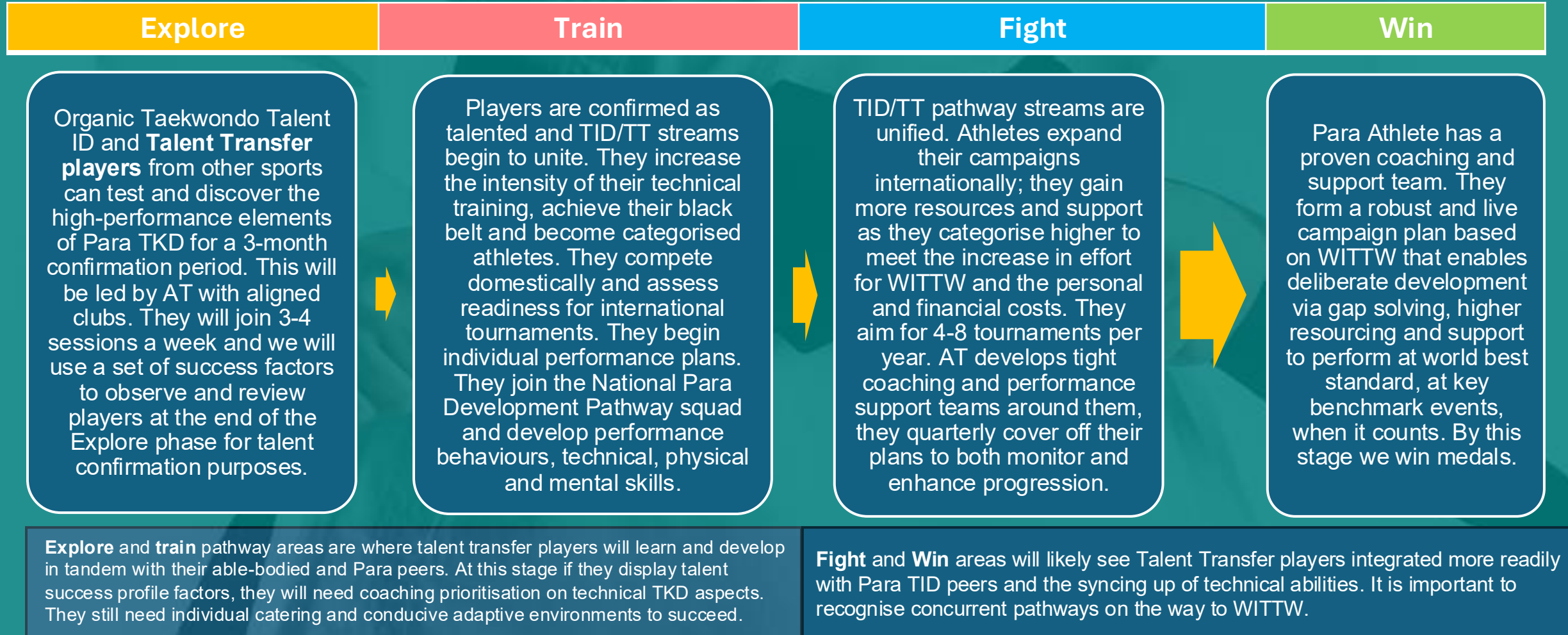
- Who they are as a person, what motivate them? What do they want to achieve?
- How likely are they to be classification eligible? Have they been classified prior?
- What training age, sport travel experiences, what is their donor sport/or sports.
- Any physical/mental capability or complimentary skills they may bring?
- Individual impairment history, congenital? Or acquired (I.e amputation)?
- Timeframe for their acceptance and acclimatisation to acquired impairments?
- Self awareness around their impairment, explore how it affects them individually
- Their accessibility to a TKD club, training and whether or not there is financial support to attend tournaments in time, especially older TT players.

Once working with Para players, it is prudent to consider some specificity in coaching them, while acknowledging there are more similarities than differences in coaching philosophy and approach. *On the next page, we consider guiding principles to coach and support Para Players effectively, so we can retain them on their journey through their club and the Para TKD program.*



Principle	Key Ideas
1. See the player, not their impairment	- Understand who your player is and why they train and compete - Ask questions and learn about their backgrounds, support and what matters to them - Collaborate with empathy, time and attention when creating training goals and reaching decisions together
2. Focus on what the player can do first	- Focus on function over form, especially with kicking technique, there is time for marginal gains later! - There will be asymmetry and challenges to work through, be patient and kind
3. Form inclusive excellence	- Consider how to educate able bodied athletes and coaches to maintain continuous support in your absence - Be mindful that individual attention on the mats may cause resentment, seek to balance dynamics in clubs - Strive for performance! <i>with</i> adaptations in training and intensity, while meeting Para TKD rules on occasion
4. Problem solve impairments and adapt together	- Problem solve with the player around their individual impairment, both physically and mentally - Innovate and modify technical TKD warm ups, drills and sparring to suit player needs, don't be complacent
5. Empowerment through your own understanding	- Educate yourself about classification and impairments, as well as the impact of both on players. - Be curious, don't make assumptions, ask players what works best for them and test and improve together - Connect with other sports Para coaches and practitioners, we can always learn more
6. Who is on their team? Key Support Networks	- Interact with performance support staff, family, classifiers, other coaches and the player consistently - The further the players TKD campaign progresses the more cohesive and aligned the team needs to become - Recognise that the players performance and mentalities will be influenced by broader support systems.
7. Growth Mindset and Progress Orientation	- Help them focus mentally on progress over perfection, make sure you live it with them. - Highlight what the player thought could not be done when they do it, TKD can be really challenging technically - Celebrate success! Players develop into athletes that require confidence and self belief for performance.
8. Psychological Safety and Belonging	- Foster a safe, respectful and inclusive space where Para players belong. - Do not tolerate players being singled out or bullied. - Avoid overprotection — it's about finding the balance between challenge with support.

Recruit - AT's 'Explore, Train, Fight and Win' approach



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

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

Talent Confirmation Questionnaire Process

At the end of the three month *explore* phase, Para players and Coaches will complete the *Talent Confirmation Questionnaire* separately and then meet and discuss openly the self assessment and feedback to consider readiness for progression, or a plan to improve agreed factors on a set timeframe before moving onto the development or ‘*Train*’ phase.

Para TKD - Talent Confirmation Questionnaire	Self and Coach assessment					Rating Scale for Scoring
Based on Talent Success Factors (in PJ handbook)						
Descriptors	Coaches assessment	Rating	Players self assessment	Rating	Average of scoring /10	Additional comments or context?
Commitment - The TID/transfer player is committed to their learning and training and demonstrates it through being present	Coaches comments		Players comments			
		3		4	7	
Technique - the player can mechanically demonstrate a range of kicks and defensive movements						
Skills - the player seeks to apply the offensive and defensive techniques they learned in sparring and begin to test which skill to apply and when, based on situational awareness						
Resilience - The TID/transfer player has demonstrated the capacity to withstand or to recover quickly from difficulties in training and sparring						
Growth mindset and coachability - the player demonstrates self awareness of their impairment and a problem solving mentality, they receive and give feedback and act on it quickly. They are hungry for more information and the ability to test it.						
Fighting Spirit - The player has the desire to constantly challenge themselves and test their skills against opponents						
Discipline - The player shows up, listens and remains on task, while making a consistent effort to access opportunities						

Once TT players have been confirmed by their club and AT,

- They continue training in their HP club environment, building a sense of belonging and they will contribute up to **\$50 per week** for coaching and access to promote a culture of 'skin in the game'.
- They plan long term for their first international event with their coach and seek to meet all TKD pre-requisites and enhance the readiness to compete.
- They form a plan with Club/AT to progress in the graded belt program and be made aware of potential costs associated.
- They form a plan with AT for gaining international classification based on urgency, to meet international competition requirements and both AT and partner needs for categorisation or further investment
- Para players will receive an offer to join the **National Para Development Pathway Squad (NPDPs)** with some additional financial subsidy and access to two or more camps a year, interstate opportunities and some performance support guidance.
- Coaches and support staff will be able to attend camps for connection and development
- Para Athlete, their coach and AT create a performance plan (IPP) to periodise development and target initial benchmark tournaments for categorisation, based on their readiness.
- Dependant on their state, they may gain access to some performance support through AT partners or Para Units.
- They pursue entry level categorisation at *emerging* level *More to come on the concept of categorisation and what it is used for.



Look to the next page for a summary of the NPDPs squad, what is on offer for talent transfer athletes and the potential for coach integration and development.

National Para Development Pathway Squad

Purpose of the Squad	Camp Based Approach	Activities at Camps	Outcomes for the Athlete
• <i>Connection</i> of Para athletes, coaches and staff • <i>Para specific</i> coaching and performance support • <i>Inspiration and motivation</i> • Develop an ‘<i>all in</i>’ and team <i>learning culture</i> • <i>Accelerate TKD skills and tactical</i> development • Launching and testing technical projects • <i>Educating</i> around para athlete campaigns, classification processes, rankings, qualifiers • <i>Introduce</i> athlete planning (IPPs) for outcomes aligned to the TKD Para Performance Profile.	Two x one week camps a year, TBC Mid Year and November. Location: AIS Canberra, or Combat Centre, Melbourne • Athletes provided NPDPS uniforms • Athletes to receive subsidy to attend camps though must have some ‘skin in the game’ • Athletes and coaches develop individual plans based on the Para Athlete Development Guidelines (PADG) to work in conjunction with club and support elements • Check ins at each camp to assess progress against plans	• Introduction, Induction and ‘<i>Ways of working</i>’ • Classification opportunities • Intro to ‘What it takes to win’ factors • Education on campaigning, performance support and planning. • Skills work 1:1 para coaching • Fitness Testing • Sparring and ‘Match Play’ • Access PSS systems • Guest speakers – Inspiration • Create and Review plans • Coach Development • Athlete feedback	• <i>Readiness</i> - An athlete that is more prepared for fighting • Provisional and International Classification completion • Para connection and belonging • System awareness – i.e Categorisation, selection • Better technique, adaptive skills and faster development • Fitness benchmarking • Sparring under Para rules • Athlete’s gain a clear plan for development and classification • Better informed Para specific coaches and support staff

As Para players become athletes and progress toward their goals, they will have a black belt and begin to compete regularly at international tournaments. The results they begin to earn can be compared against agreed benchmarks for eligibility for higher levels of support. This process is called athlete **categorisation**.

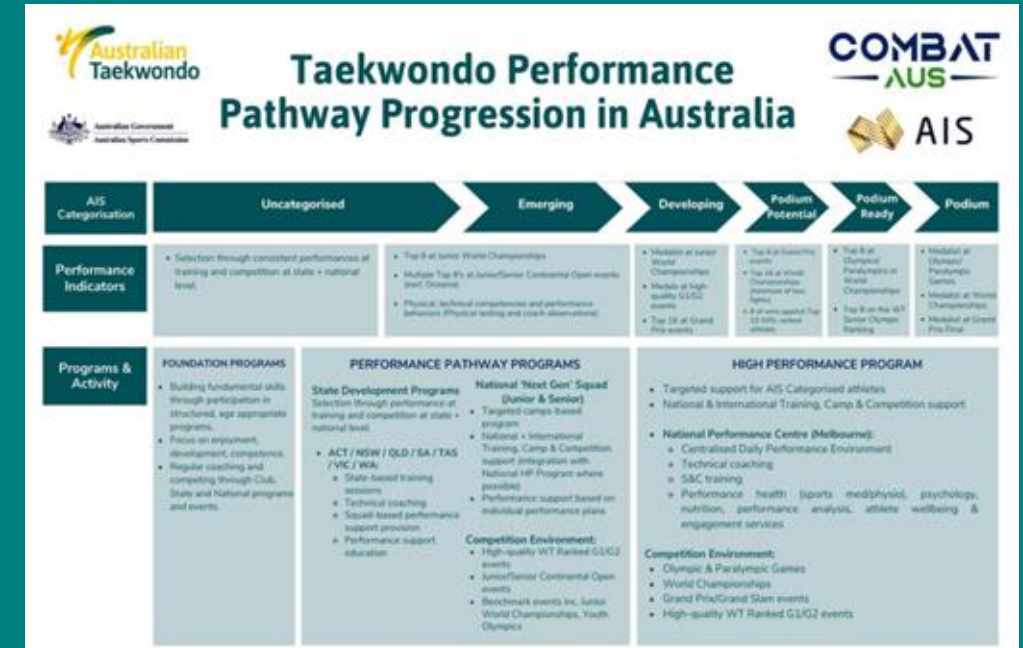
Purpose of Categorisation

Categorisation is a structured framework led by the **Australian Sports Commission** and then 'sportified' by Taekwondo and other national sporting organisations to identify and support athletes with the **greatest potential to achieve international success**, especially at the **Paralympic Games**.

Categorisation is a progressive level based framework i.e pre-categorised, emerging, developing, podium potential, podium ready and podium. The categorisation level typically correlates to an athletes training age, competition stage, their abilities and results within the sport.

For AT and its partners, categorisation is conducted annually in the final quarter of each calendar year by AT and will take effect from January the following year.

*On the next page, we begin to look at further categorisation progression as athletes intensify their campaign at the **Fight Phase**. There is also a short summary on what it means to be an international Para TKD athlete who is at the final phase – **Win**.*



HP integrated Para environments

- Forming inclusive and safe training environments (1) in aligned Taekwondo clubs
- Align our sport's coaches and players to our AT values (teamwork, integrity, accountability, courage and respect)
- Clubs/coaches capable of integrating Para players and athletes with necessary para literacy (1), i.e impairment awareness, problem solving and adjustments to develop them holistically 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 and understands players with physical impairments
- Work to build coaching depth and Para literacy in clubs and performance environments (1)
- The ability to balance, adjust and adapt para programming, while operating in able bodied TKD club
- Clubs and coaches understand classification, individual players impairment histories, their functional abilities and how these impact them on and off the mat [4]
- Communication, building trust and respect (7) and planning ahead deliberately. Para coaches will closely collaborate with their athletes and relevant multidisciplinary teams
- Coaches must design individualised training programs [4] that emphasize movement and skills effectiveness initially and then later focus on gaining efficiency under pressure or fatigue. Coaches will test physical and mental resilience, so when players or athletes compete, they are ready.

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.



'What it takes to win' Para Learning Culture,

- AT would like to foster a nationwide para performance culture and that will start in club environments and be led by coaches who directly connect with Para TT players.
- For World Class culture we need inclusion, continuous learning, progressive challenge and adaptive excellence in all environments from clubs to national HP squads.
- AT to lead and develop a community of practice (5) amongst Para coaches within clubs who operate in the AUS Para space to promote shared learning and overcoming challenges together.
- AT and clubs will begin to collect data on para player/athlete transitions to proactively inform best practice to recruitment and retention in future.

Para TKD Camps and access to competition (1)

- Clubs and coaches guiding athletes to reasonable training age and stage appropriate tournaments, based on their player/athlete's competition readiness
- NPDPS camps at least twice a year to connect para-athletes, coaches and staff, communicate, train and learn together
- Performance support education at NPDPS and connection in clubs through embedded performance support observing or supporting categorised athletes
- AT and clubs/coaches organizing informal camps between clubs to structure match play, access different coaching philosophies, develop athlete travel readiness.
- AT to share basic physical testing protocols and benchmarks that can be completed in clubs or at NPDPS camps.

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. While players/athletes are training in their clubs, seek to encourage the use of Para headgear to enhance readiness.



As your athlete's progress through categorisation levels, they will gain more resourcing and support for their campaigns that will require careful management. Campaign progression often leads to higher stressors in terms of travel, life balance and finances, so wellbeing and performance psychology support will play a larger part in keeping athletes on track. AT will introduce its mental performance in competition (MPC) program at this level to support the development of independent HP para athletes.

What does it look like for athletes that are at developing or podium potential categorisation, that reach National HP 'Senior' Squad?

- They work closely with AT national technical lead, their coach and an interdisciplinary performance support team to discuss and action athlete performance plans – *quarterly*
- They must meet higher level AT specified physical benchmarks through consistent strength and conditioning programming and research based testing at camps (9)
- They fine tune their capability and symmetry of technique and can demonstrate unconscious skill application at times in sparring.
- You and the athlete work closely to enhance prefight analysis and strategies to know and defeat your opponent
- You collaboratively form repeatable tactical processes to know what skill or combination to apply and when, based off the athlete reading the contest in the moment

How many tournaments during the Fight phase? and at what level?

Domestically – Nationals and regional comps. AT and clubs organise individual match plays

International events mid year – AUS – Oceania champs, Asian centric focus

Readiness assessments for Para World Championships and Asian/European Para Championships

How many tournaments – 4 *minimum international tournaments* at podium potential



Win – Podium Ready/Podium

- **Detailed Campaign Plan** – aligned with existing IPPs
- **Key Coaching and support team** (Physical prep lead, physio, wellbeing) working closely with Para athlete
- **6-8 tournaments** per year
- **Performing at major benchmark events** like World Para Championships and Paralympic Games

Provisional Classification

International Classification

TID/Transfer -
classification

Referred to a HP
club and 3 month
talent
confirmation

Join National Para
Development
Pathway Squad
(NPDPS)

National and
International
competition
exposure

National HP squad
selection

Podium
International
Para TKD athlete

0 - 4 months – Explore and confirm *your*
talent within the sport of Para Taekwondo

4 - 36 months – Train and Fight phase, *intensify*
training and gain tournament experience

*Fight and Win - 4 – 5.5 years from first
international tournament – HP development and
Podium success*

Pre-categorised talent (ID or Transfer)

Emerging -
Developing

Podium Potential,
Ready

Para
Podium 

Explore

Train

Fight

Win

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

Few administrators, clubs or coaches like to talk about when players/athletes exit programs at various transition stages. There is often discomfort and a range of emotions from the player/athlete and the people who supported them as it occurs which can limit communication. Of course, sometimes it is a senior athlete retiring and *incorporating feedback can inform better practices and policies to enhance the experience of current and future Para-athletes.* (8)

Therefore, *ironically there is a silver lining* when players and athletes exit. We can help them move on with honor and learn from them. They can offer valuable positive and constructive insights and we can screen and utilise them for the purpose of improving our people, processes, policies and daily performance environments.

At present there is an increasing focus around *transitions* to understand Para athletes movements into, through and out of systems. Exit processes enable the collection of information for a more informed approach to understanding potential barriers to progression or *leaky pathways*. With that information we can strategically enact interventions earlier, or resource appropriate projects or initiatives to enhance retention or prepare athletes for exit and life after HP sport.

See the attached exit interview questions AT would like to start collecting to understand players and athletes reasons for leaving. AT recommends a short meeting for 30-45 minutes to discuss the findings with the player or athlete and recommends the framing the exit process carefully for learning and development. We recommend the involvement of coaches, AT AWE or the AT Technical lead to support where the athlete doesn't feel comfortable discussing their reflections openly. Good exit processes can be challenging but are a worthwhile investment of time and resources for long term program enhancement.

Potential Exit Interview Questions	Purpose / Insight Area
On reflection, what was your main reason for leaving the sport?	Identify key exit rationale from player/athlete perspective
Did you feel your individual needs as a Para athlete were understood and supported?	Understand how well coaching and support systems addressed adaptive programming and impairment-related needs.
Were there any points in your athlete journey where you considered leaving earlier? If so, why?	Uncover earlier "pinch points" or moments of political strife or disengagement.
How would you rate the communication and relationship with your coach/team staff? (7)	Assess interpersonal dynamics and program culture, though with reasonable care
Did you feel there was clear and visible classification, pathways and categorisation for development and progression in the sport? (2)	Explore clarity of program visibility, long-term opportunities and goals.
What kind of support do you feel would have helped you stay longer in the sport?	Identify gaps in holistic athlete support.
What advice would you give the club/Para TKD program to improve the experience for future Para athletes?	Gather actionable recommendations for program retention improvement.
Are you open to remaining involved in the sport in some capacity?	Assess interest in participation, coaching, other roles or for committees, boards with time.



Thank you for your interest in learning about effective talent transfer processes for better player recruitment and retention for Para Taekwondo – We at AT are thankful for the many clubs and coaches who work to develop players into our Australian athletes of the future. If you have any questions or want to get involved, please contact,

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Ben Exton – Head of Performance, Australian Taekwondo
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