

## Para-Taekwondo Information Sheet

### About the Sport

Athletes compete in Kyorugi (sparring) and poomsae (martial arts form) disciplines. Athletes compete in male and female competition.

Making its debut at the Tokyo 2020 Paralympic Games, Para-Kyorugi, differs from Olympic Kyorugi as all techniques to the head are prohibited and punches are not awarded points. Kyorugi competition is conducted in elimination, round robin or repechage systems. Each contest is carried out for one round of five minutes. Athletes compete categories depending on their weight.

Para-Poomsae is between 20 and 120 seconds and the athlete must perform each Poomsae with rhythm and precision. Athletes are scored based in two point categories, accuracy of techniques and presentation of their movements.

### Who can compete?

Para-Taekwondo is open to athletes with a physical, intellectual or vision impairment. Athletes are required to submit medical reports and meet the minimum impairment criteria in order to compete.

Eligible impairments	Description	Minimum Impairment Criteria
Loss of limbs	Partial or complete absence of bones or joints due to amputation or deficiency from birth.	<p><b>Kyorugi:</b> loss of one arm above the wrist OR shortened arm of similar length.</p> <p><b>Poomsae:</b> loss of one arm above the wrist OR shortened arm of similar length; OR loss of one leg below the knee.</p>
Muscle weakness/ Impaired muscle power	Muscle weakness or paralysis from conditions such as muscular dystrophy, multiple sclerosis, nerve damage, spinal cord injury or other spinal condition.	<p><b>Kyorugi:</b> Loss of strength in at least one shoulder or elbow.</p> <p><b>Poomsae:</b> Loss of strength in at least one shoulder or elbow; OR significant loss of strength in at least one hip.</p>
Restricted joint movement/ Impaired passive range	Restricted movement or tightness in a joint/s from conditions such as joint fusions and other restricting conditions.	<p><b>Kyorugi and Poomsae:</b> Joint movement restriction in elbow.</p>

Co-ordination impairments - Hypertonia, Ataxia, Athetosis	Impairments from neurological conditions such as acquired brain injury, cerebral palsy and multiple sclerosis that affect co-ordination and smoothness of movement and balance.	<b>Poomsae only:</b> Co-ordination or movement difficulties in at least one arm or leg.
Leg Length difference	Significant difference in leg length due to a deficiency at birth or trauma	<b>Poomsae only:</b> Difference between length of legs of 7cm or more
Short Stature	Reduced standing height and limb length from conditions such as achondroplasia or other conditions that affect growth.	<b>Poomsae only:</b> Adult standing height less than or equal to 145m (males)/137cm (females); <b>AND</b> Arm length less than or equal to 66cm (males)/63cm (females); <b>AND</b> Standing height plus arm length less than or equal to 200cm (males)/190cm (females).
Intellectual Impairment	<b>Poomsae Only:</b> An IQ of 75 or less, and impairments in adaptive behaviour (conceptual, social and practical skills) – that is observed before the athlete is aged 18.	
Vision Impairment	Impairment of the eye structure, optic nerves or pathways, or vision area of the brain, resulting in a loss of vision in both eyes. Caused by conditions such as albinism, macular degeneration, macular or cone rod dystrophy and retinitis pigmentosa.	<b>Poomsae only:</b> Visual acuity loss in both eyes (how far they can see) with best corrected vision. Vision is less than or equal to 6/60 (log MAR 1.00); or Visual field restriction in both eyes (how wide they can see) of less than 20 degrees radius with best corrected vision.

## Para-Taekwondo Sport Classes

The prefix for each class identifies whether it is for Kyorugi (K) or Poomsae (P) events

Sport Classes	Description (Guide Only)
<b>KYORUGI CLASSES</b>	
<b>Athletes with restricted joints, muscle weakness or loss of limbs.</b>	
K 41	Athletes with limb loss in both arms through or above the elbow or equivalent shortened arms.
K 44	Athletes with impairments in one or both arms that affect at least one shoulder, wrist or elbow.

<b>POOMSAE CLASSES</b>	
<b>Athletes with a Vision Impairment</b>	
P 11	Athletes who are blind with visual acuity poorer than LogMAR 2.60
P 12	Athletes who have very low vision in both eyes either in how far they can see (visual acuity <6/60; LogMAR 1.0-2.6 inclusive) or how wide they can see (visual field <20 degrees radius).
<b>Athletes with an Intellectual disability</b>	
P 21	Athletes with an intellectual disability
<b>Athletes with co-ordination impairments (hypertonia, ataxia, athetosis).</b>	
P 31	Athletes with a co-ordination impairment in both legs. May also have a mild impairment in the arms.
P 32	Athletes with coordination impairment or involuntary movements that affects both the arms and legs.
P 33	Athletes with co-ordination impairments down one side of their body.
P 34	Athletes with mild co-ordination difficulties usually in one or two limbs.
<b>Athletes with restricted joints, muscle weakness or loss of limbs.</b>	
P41	Athletes with limb loss in both arms through or above the elbow or an equivalent shortened arm.
P42	Athletes with limb loss in both arms below the elbow or an equivalent shortened arm.
P43	Athletes with limb loss in one arm through or above the wrist or an equivalent shortened arm.
P44	Athletes with impairments in one or both arms that affect at least one shoulder or elbow.
P45	Athletes with leg length difference or below knee amputation/limb loss in one leg. Athletes may use a prosthetic leg.
<b>Athletes with muscle weakness, loss of limbs or hypertonia who use equipment (eg wheelchair, canes, crutches)</b>	
P51	Athletes with limb loss, muscle or co-ordination impairments in one or both legs who use equipment in standing or sitting.
P52	Athletes with limb loss (complete absence of both legs) or muscle weakness affecting the legs and torso who compete sitting.
P53	Athletes with co-ordination impairments who use canes, crutches or other walking aids.
<b>Athletes with short stature</b>	
P 72	Adult standing height less than or equal to 145cm (males)/137cm (females); AND Arm length less than or equal to 66cm (males)/63cm (females); AND Standing height plus arm length less than or equal to 200cm (males)/190cm (females).
<b>Not Eligible</b>	
Not Eligible (NE)	Athlete does not meet the minimum criteria for the Para-sport classes, but may still be able to compete. Contact Australian Taekwondo for more information.

## Find out more

To get involved or for more information contact:

### Australian Taekwondo

W: [www.austkd.com.au](http://www.austkd.com.au)

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**Note:** The classification information provided is intended as a guide only. Only authorised classifiers are able to provide a formal classification in accordance with the rules of the sport. Not all classes have events at the Paralympic Games.