

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. Para kyorugi competition is conducted in elimination, round robin or repechage systems. Each contest is carried out in a best of three, two-minute rounds. Athletes compete in categories depending on their weight and impairment.

In the Para poomsae discipline, athletes perform with both rhythm and precision, two set patterns (poomsae) taking between 20 and 120 seconds each. Athletes are scored out of ten for each poomsae with scores based on two categories - accuracy of techniques and presentation of the movements.

Who can compete?

Para taekwondo is open to athletes with a physical, intellectual, hearing 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
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 or change in muscle origin/insertion.	Kyorugi: Loss of strength in at least one shoulder or elbow. Poomsae: Loss of strength in at least one shoulder or elbow; OR Significant loss of strength in at least one hip.
Impaired Passive Range of Movement	Restricted movement or tightness in a joint/s from conditions such as joint fusions and other restricting conditions.	Kyorugi and Poomsae: Joint movement restriction in elbow.

Eligible Impairments	Description	Minimum Impairment Criteria
Limb Loss	Partial or complete absence of bones or joints due to amputation or deficiency from birth.	Kyorugi: loss of one arm above the wrist OR shortened arm of similar length. Poomsae: loss of one arm above the wrist OR shortened arm of similar length; OR loss of one leg below the knee.
Limb length difference	Significant difference in leg length due to a deficiency at birth or trauma.	Poomsae only: 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.	Poomsae only: Adult standing height less than or equal to 145m (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).
Co-ordination impairments: Hypertonia / Spasticity, Motor Ataxia, Dyskinesia	Impairments from neurological conditions such as acquired brain injury, cerebral palsy and multiple sclerosis that affect co-ordination and smoothness of movement and balance.	Poomsae only: Co-ordination or movement difficulties in at least one arm or leg.
Visual 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.	Poomsae only: 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.

Intellectual Impairment	Poomsae Only: An IQ of 75 and below, and impairments in adaptive behaviour (conceptual, social and practical skills) – that is observed before the athlete is aged 22.	
Hearing Impairment	Deaf	Poomsae Only: Athletes who are deaf with a hearing loss of at least 55dB pure tone average (PTA) in the better ear (three tone pure tone average at 500, 1000 and 2000 Hertz, air conduction, ISO 1969 Standard).

Para Taekwondo Sport Classes

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

Kyorugi Classes

*Athletes with **Restricted joints, muscle weakness or loss of limbs***

Sport Class	Description (Guide Only)
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.

Poomsae Classes (Summary)

P11 – P12: Athletes who are blind or have very low vision.

P21 – P23: Athletes with intellectual disability, down syndrome or autism.

P31 - P35: Athletes with movement, balance or muscle control impairments.

P41 - P45: Athletes with upper or lower limb loss, muscle weakness or joint restrictions.

P51 – P53: Athletes who compete using wheelchairs, canes or crutches.

P72: Athletes with short stature

Hearing Impairment: Athletes who are deaf

Not Eligible

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.
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For detailed descriptions please head to the World Taekwondo website: [Who is Eligible to compete](#)

Find out more

To get involved or for more information contact:

Australian Taekwondo

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

[E: para-tkd@austkd.com.au](mailto:para-tkd@austkd.com.au)

[P: 0404 111 592](tel:0404111592)

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 may have events at the Paralympic Games