



# TAEKWONDO

**TAEKWONDO** will make its Paralympic debut at the Paralympic Games Tokyo 2020. The International Paralympic Committee announced the addition of the sport to the Paralympic program on October 7, 2014.

## BASIC RULES

Paralympic taekwondo follows all standard taekwondo rules with the aim being for each athlete to attempt to knockout their opponent with landing blows on their opponent's torso. Kicks to the head are not allowed and will result in one Gam-jeom (one-point penalty) against an athlete or possible disqualification. Head and trunk protection is to be worn in all bouts.

## SCORING

Athletes compete in three two-minute rounds with a minute rest between rounds. Athletes are awarded points for valid attacks. If the scores are tied after three rounds, an extra round is held. Points are only awarded based on validity of striking the trunk. There are three types of valid points to the trunk. Two points are awarded for a valid kick, three points for a kick involving a 180-degree turn and four points for a spinning kick involving a 360-degree turn.

## EQUIPMENT

Athletes compete in a hogu (chest protector), dobok (taekwondo uniform) and headgear. Uniform sleeves must be sewn on affected limbs.

The mat for taekwondo is square shaped with a octagonal combat area within the center. The mat size is no less than 10 meters x 10 meters, and no larger than 12 meters x 12 meters. The combat area is approximately 8 meters in diameter.

## GETTING STARTED

We encourage you to start by connecting with a local adaptive sports organization that offers taekwondo or getting involved with a local taekwondo club. To find a list of clubs in your area, please visit [www.teamusa.org/usa-taekwondo/v2-membership/club-locator-app](http://www.teamusa.org/usa-taekwondo/v2-membership/club-locator-app).

## CLASSIFICATION

Classification determines which athletes are eligible to compete and how athletes are grouped together for competition. If an athlete has a Paralympic eligible impairment, the athlete may be eligible for a classification appointment. Once an athlete is ready to compete regionally or nationally, an athlete should seek classification.

For more information on taekwondo, please visit [USATaekwondo.org/](http://USATaekwondo.org/).

## PARALYMPIC ELIGIBLE IMPAIRMENTS

- Impaired Passive Range of Movement
- Limb Deficiency
- Leg Length Difference

## PARALYMPIC SPORT CLASSES

Currently there are only events for athletes with sport class K43 or K44 (combined, event named K44). There will be three weight categories per gender.

- **K43** includes athletes with bilateral amputation below the elbow, or equivalent loss of function in both upper limbs
- **K44** includes athletes with unilateral arm amputation (or equivalent loss of function), or loss of toes which impact the ability to lift the heel properly.

## PARALYMPIC MEN'S WEIGHT CLASSES

All weight classes are for the K44 sport class.

- -61kg
- -75kg
- +75kg

## PARALYMPIC FEMALE WEIGHT CLASSES

All weight classes are for the K44 sport class.

- -49kg
- -58kg
- +58kg