



CEREBRAL PALSY AWARENESS - WHAT IS POSSIBLE?

# PARA TAEKWONDO

## WHAT IS PARA TAEKWONDO?

Taekwondo is a Korean martial art, characterised by its emphasis on head-height kicks, jumping and spinning kicks. Para Taekwondo was initially developed for individuals with limb deficiency, but since 2013 has been developed for athletes with a motor impairment. The format for motor impaired athletes in Para Taekwondo is Poomsae; a pattern of prearranged attacking and defensive techniques performed against imaginary opponents.

## WHO CAN TAKE PART?

Ambulant individuals with hemiplegia, diplegia, mild quadriplegia, athetosis or ataxia.



CPISRA World Games

## CLASSIFICATION

Athletes with a motor impairment compete in four sport classes; P31, P32, P33 and P34, divided into three age categories; junior, under 30 and over 30.

P31: diplegia, asymmetric diplegia, triplegia

P32: dyskinesias athetosis, dystonia, ataxia, mild stastic quadriplegia or a combination of the above

P33: spastic hemiplegia or very mild spastic dystonia

P34: very mild hemiplegia, diplegia, athetosis, dystonia, hemi-dystonia and very mild ataxia

Taekwondo will make its Paralympic debut at Tokyo 2020 although initially this will just be sparring for individuals with limb impairments.



World Taekwondo is the sport's governing body and began developing Para Taekwondo in 2005. In 2013, a memorandum of understanding was signed with CPISRA to further develop Para Taekwondo for individuals with motor impairments.

World Taekwondo believe "Taekwondo is a sport for all and is appropriate for those with disabilities, from upper limb amputations to cerebral palsy."



CPISRA World Games

[www.cpisra.org/taekwondo/](http://www.cpisra.org/taekwondo/)

[www.worldtaekwondo.org](http://www.worldtaekwondo.org)