



PARA TAEKWONDO CLASSIFICATION GUIDE

A simplified guide with icons & infographics.

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1. PURPOSE

- World Para Taekwondo has included **ALL** International Paralympic Committee (IPC) Impairments as well as Deaflympics.
- Each impairment is included in a different sport class, with varying degrees of severity, which makes it difficult to memorize.
- Color coded icons and simple visual infographics has been developed to make it easier for classifiers, officials, administratives, coaches, referees, athletes and spectators to understand the different sport classes and increase awareness of Para Taekwondo classification.
- This will also standardise communication, visualization and advertisement.

2. APPLICATION

- All Para Taekwondo education courses, competitions, events or activities will include all or part of this guide.
- Both formats (disciplines) of Taekwondo; POOMSAE (referred to as P) and KYORUGI (referred to as K) are included.

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PARA TAEKWONDO ELIGIBLE IMPAIRMENTS

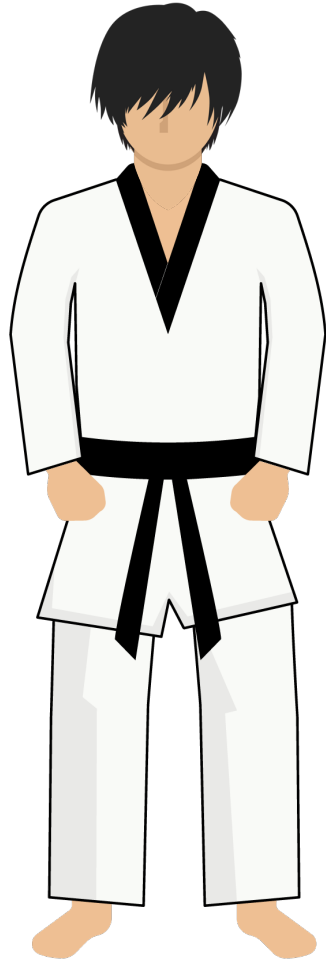


1. Visual impairments (blind and visually impaired) **included in P10.**
2. Intellectual impairments (mentally challenged individuals including Autism) **included in P20.**
3. Hypertonia/ Spasticity (a neurological condition caused by damage to the upper part of the brain and causes stiff muscles) **Included in P30.**
4. Athetosis & Dystonia (neurological conditions caused by damage to the middle part of the brain and causes different types of involuntarily muscle movement) **Included in P30.**
5. Ataxia (a neurological condition caused by damage to the lower part of the brain and causes lack of coordination, direction and velocity) **Included in P30.**
6. Impaired muscle power (limitations to generate force to move the muscles due to a neuro-muscular condition) **included in P40 K40 P50.**
7. Impaired passive range of movement (limitations to move the joints passively as a result of ankylosis or contracture) **included in P40 K40 P50.**
8. Limb deficiency (amputation or malformation “Dysmelia” of either upper or lower limbs) **included in P40 K40 P50.**
9. Leg length difference (differences in leg length as a result of disturbance in growth or trauma) **included in P40.**
10. Hearing impairments (deaf) **included in P60 & K60.**
11. Short stature (reduced length in the bones of upper limbs, lower limbs and/ or trunk) **included in P70.**

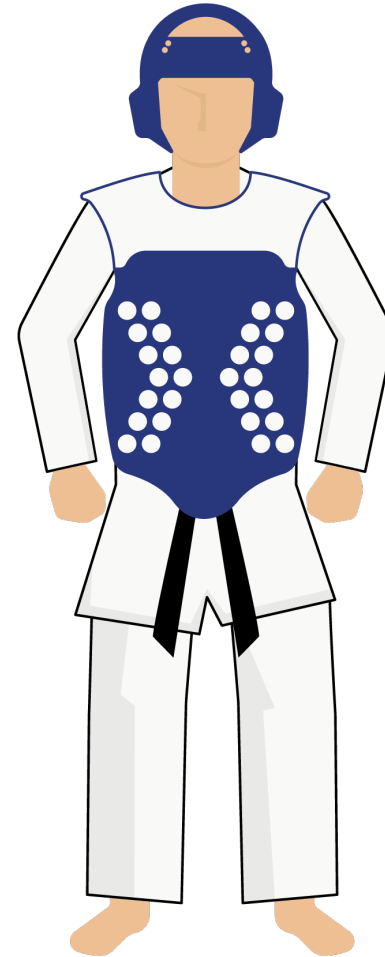
PARA TAEKWONDO SPORT CLASS ICONS



PARA TAEKWONDO FORMATS “DISCIPLINES”

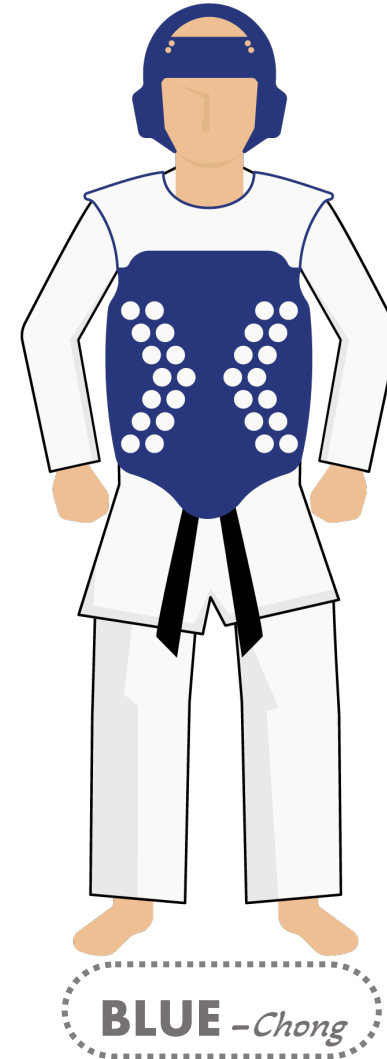
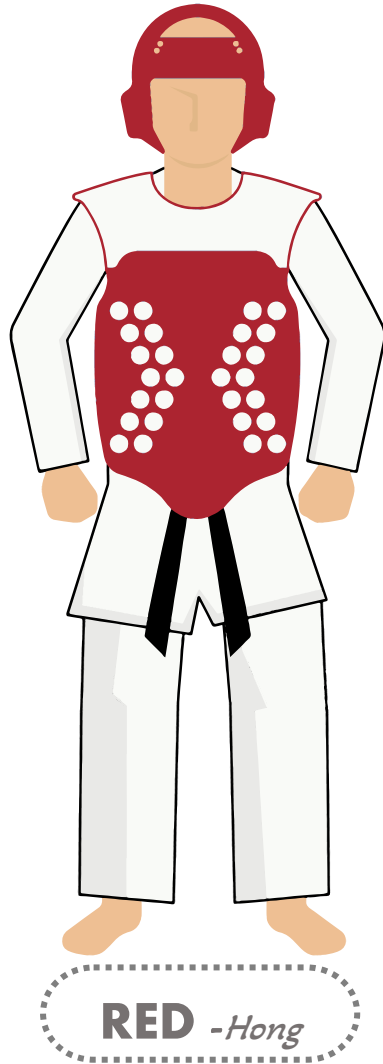


P- POOMSAE / *Performance*



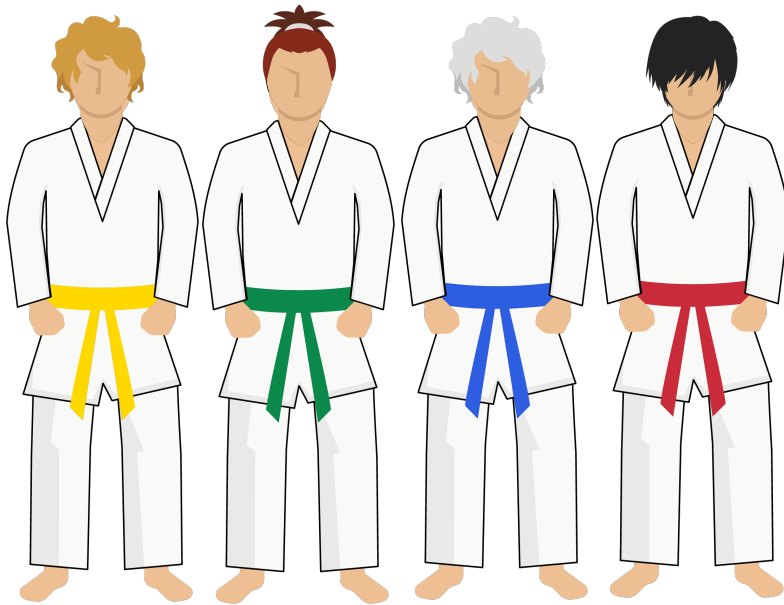
K- KYORUGI / *Sparring*

KYORUGI UNIFORMS & OUTFIT IN COMPETITION



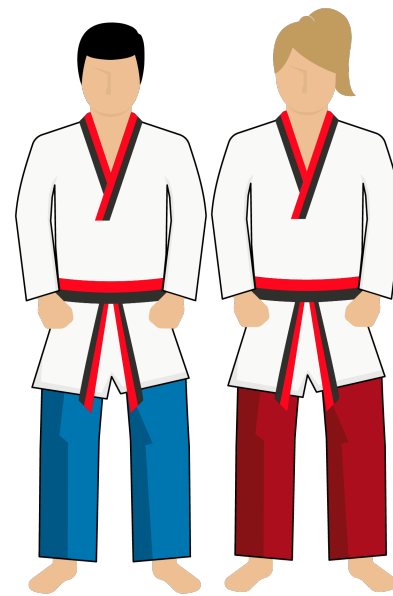
**All head gear are with a flexi protective shield.*

POOMSAE UNIFORMS IN COMPETITION



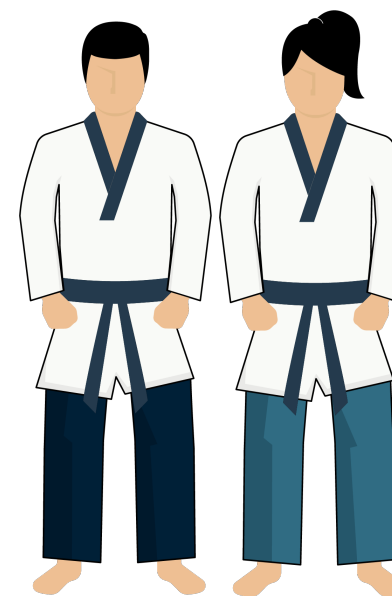
GEUP

Coloured belts holders / any age



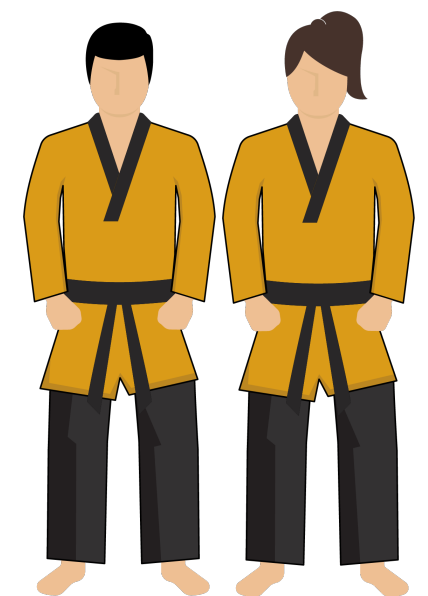
POOM

Poom belt holders / below 15 years



DAN

Black belt holders / 15+ years

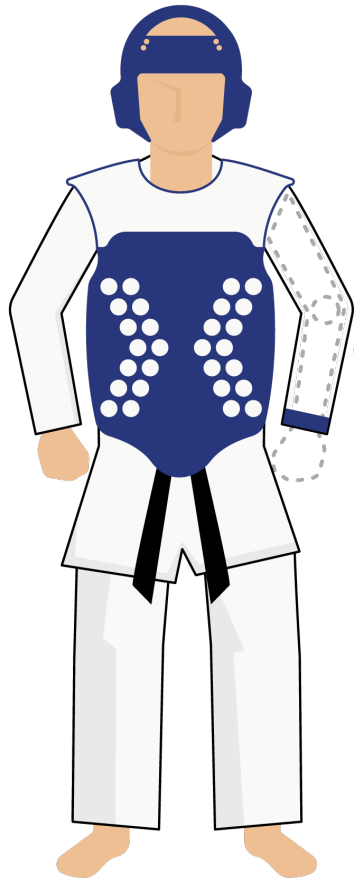


MASTER

Black belt holders / 51+ years

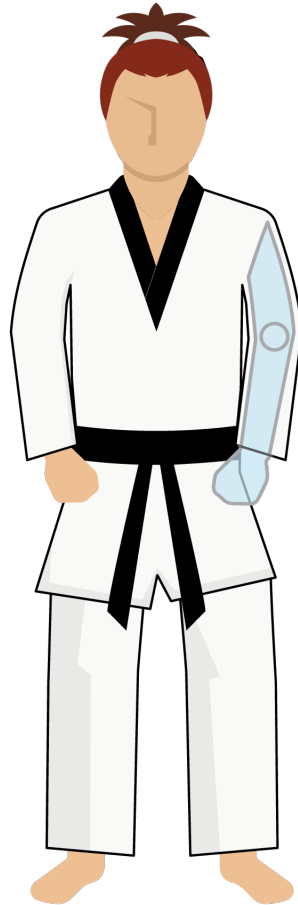
For the purpose of standardising the presentation, all characters displaying impairments, within the guide, are in regular BLACK BELT uniforms. However, Para Taekwondo classification rules APPLY to ALL PARA Taekwondo athlete regardless of their belt color.

SYMBOLS & HIGHLIGHTS USED



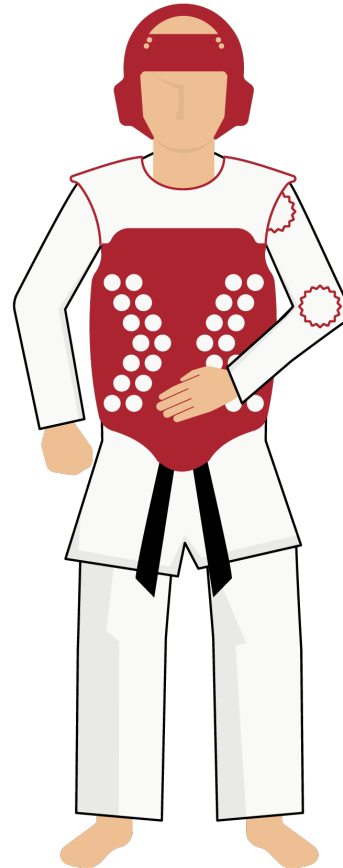
DOTTED LINE

Indicates amputation or malformation of the limb.



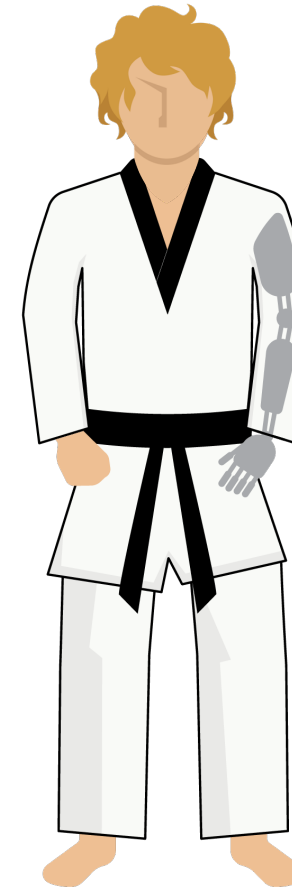
BLUE HIGHLIGHT

Indicates impaired muscle power (e.g. paralysis)



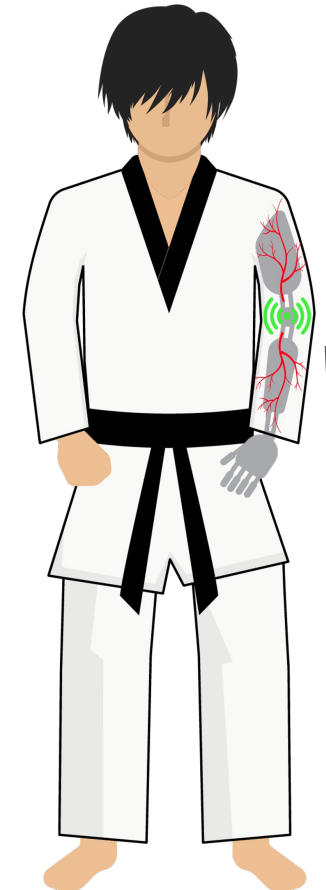
STAR SIGN

Indicates joint contracture. (e.g. ankylosed joint)



GREY LIMB

Indicates a prosthetic limb, with NO movement.



LIMB WITH IMPULSES

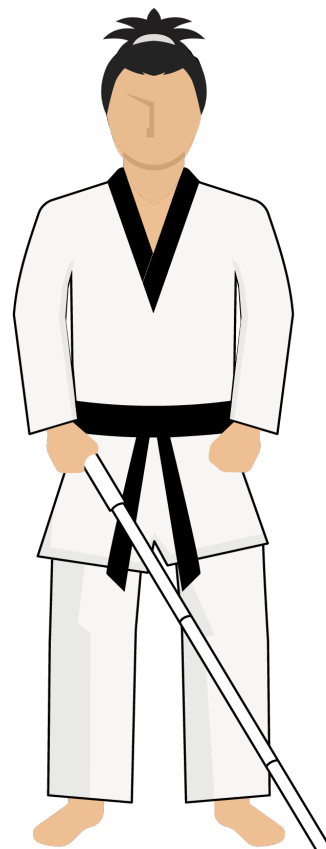
Indicates a BIONIC limb, with controlled movement.

P10 POOMSAE VISUAL IMPAIRMENTS



THE SYMBOL OF THE BLINDFOLD
ON THE HEAD INDICATES VISUAL
IMPAIRMENT.

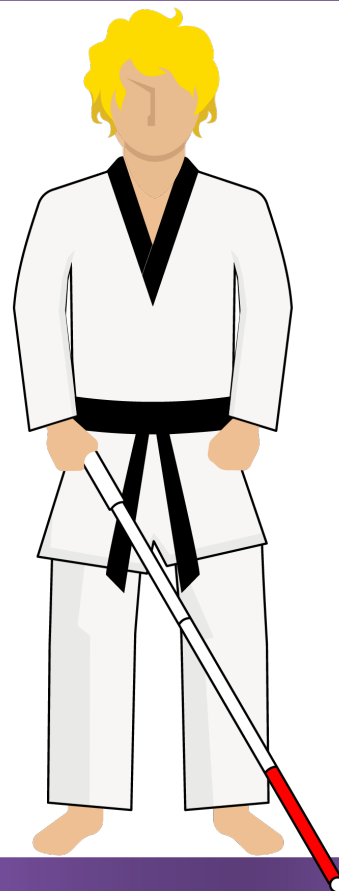
P11



Fully blind

Visual acuity: poorer than LogMAR 2.60

P12



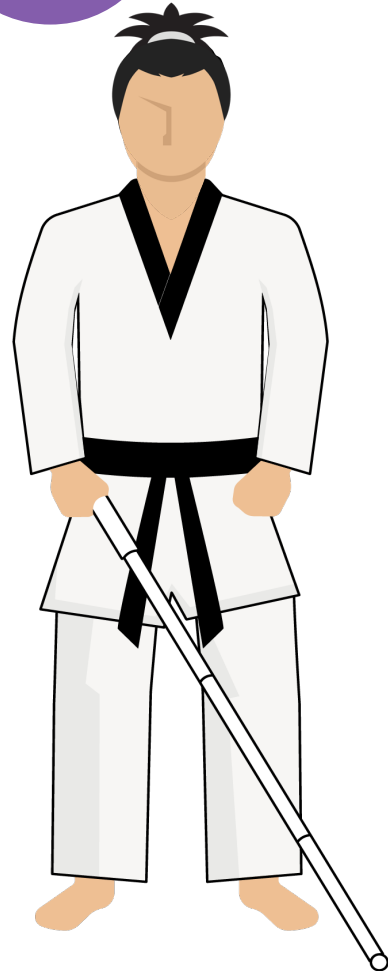
Visually Impaired

*Visual acuity: LogMAR 1.5-2.6 (inclusive)
and/or visual field less than 5 degree*

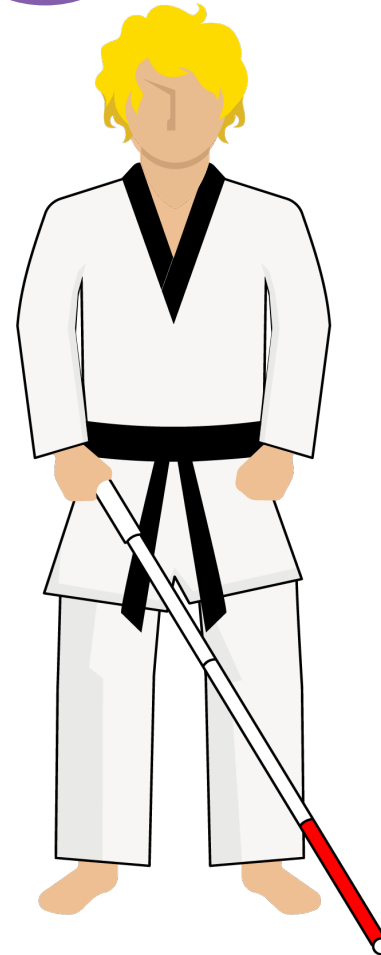
*or Visual acuity: LogMAR 1.4-1 (inclusive)
and/or visual field less than 20 degree*

SUMMARY P10

P11



P12

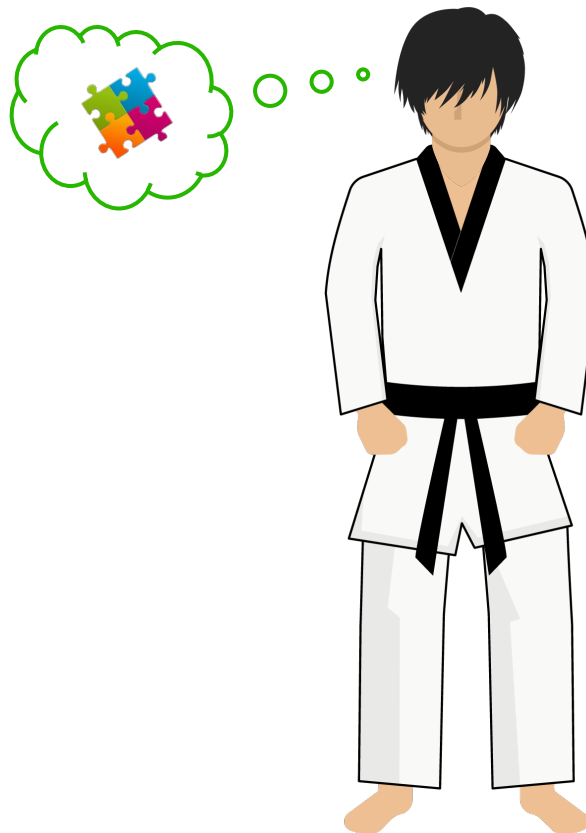


P20 POOMSAE INTELLECTUAL IMPAIRMENTS



THE SYMBOL OF THE PUZZLE ON
THE HEAD INDICATES INTELLECTUAL
IMPAIRMENT.

P21

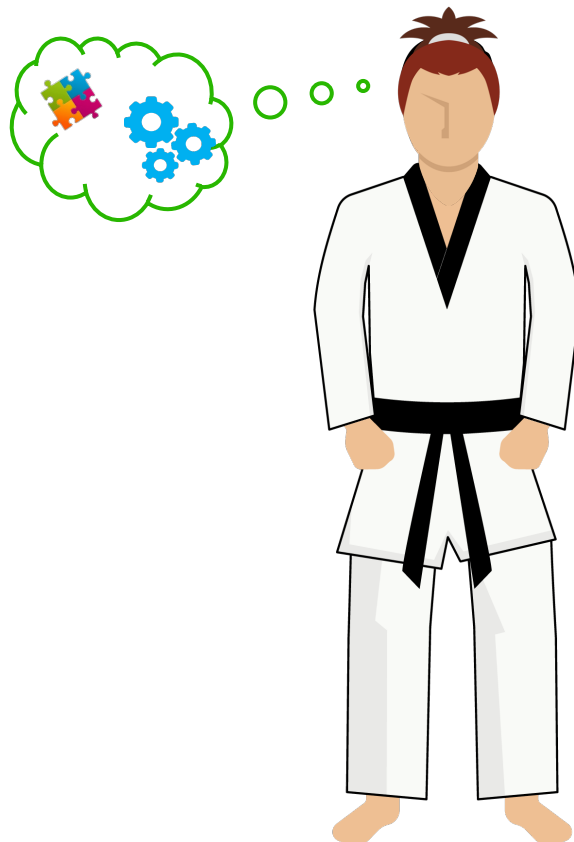


Only I.Q* is affected

I.Q : 75 or below.

**I.Q: intelligence quotient*

P22

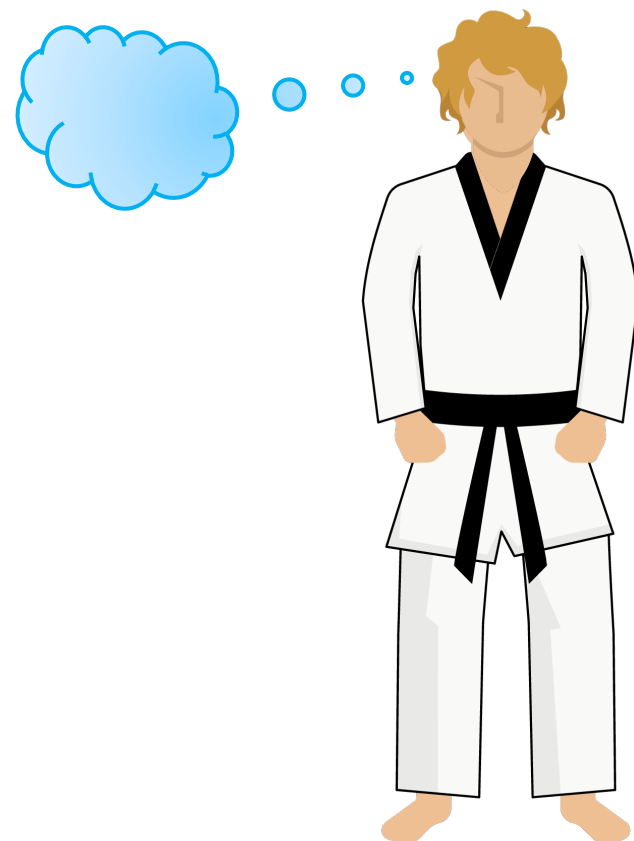


I.Q affected + Other health conditions

I.Q: 75 or below.

Other Medical conditions e.g. Neuromuscular.

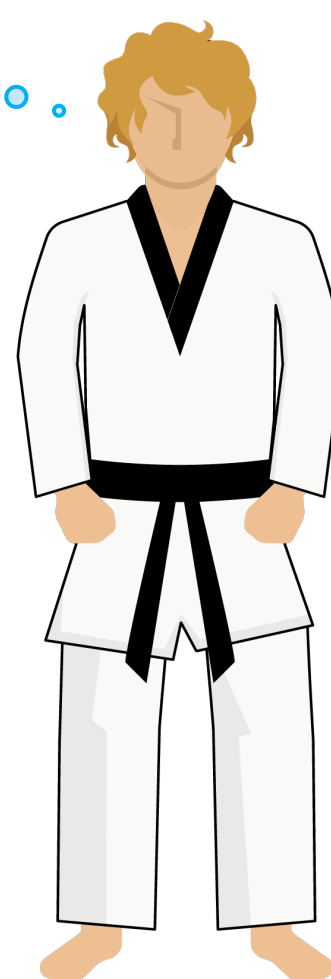
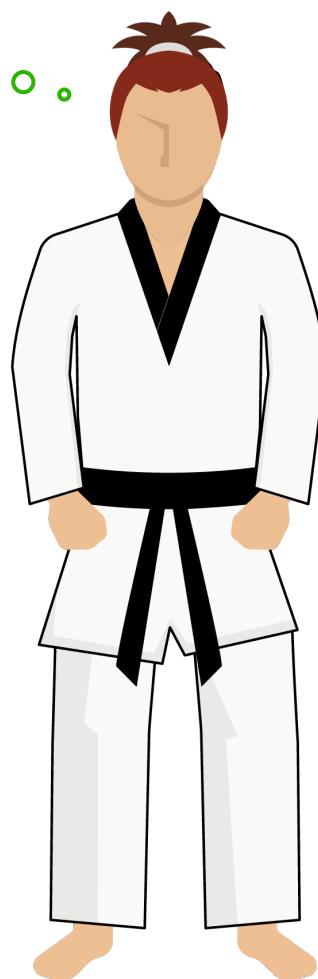
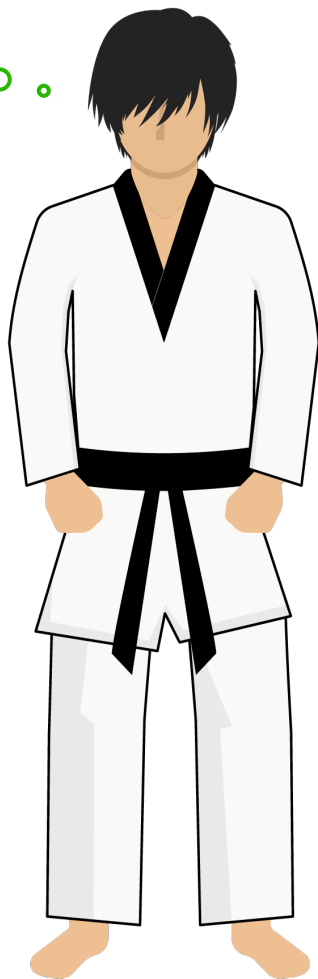
P23



Autism

*Athletes diagnosed with
Autism Spectrum Disorder (ASD)*

SUMMARY P20

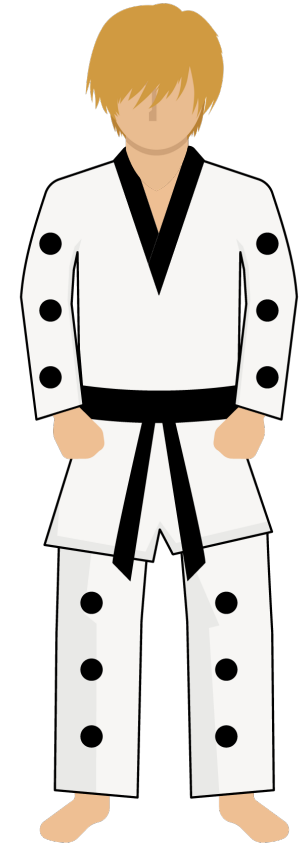
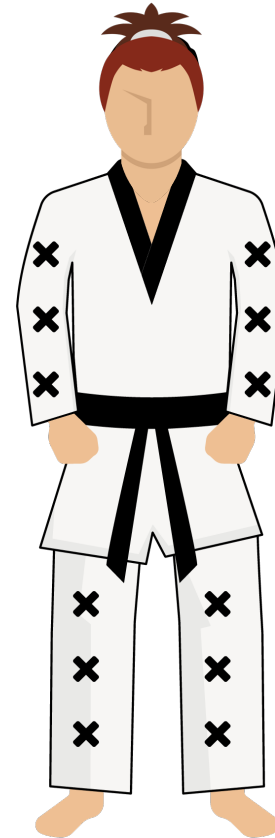
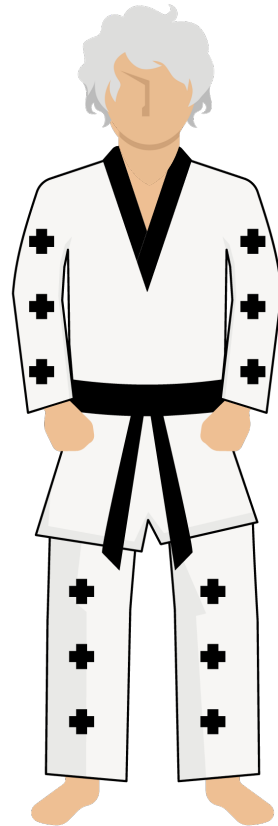
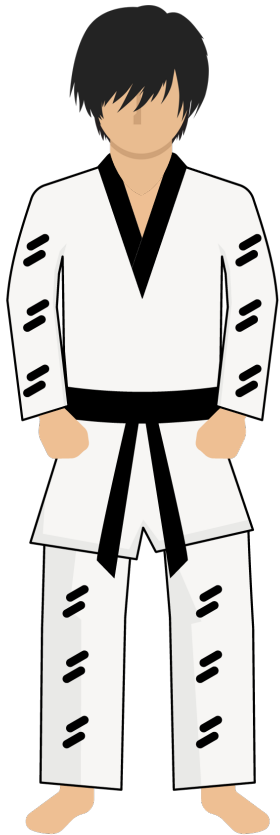


P30 POOMSAE NEUROLOGICAL IMPAIRMENTS



THE SYMBOL OF THE BRAIN & SPINAL CORD INDICATES CENTRAL NERVOUS SYSTEM CONDITIONS THAT AFFECTS MUSCULAR MOVEMENT.

GUIDE TO NEURO-MUSCULAR CONDITIONS



Double stripes indicates:

SPASTICITY

“Stiff Muscle”



Plus sign indicates:

ATHETOSIS

“Involuntary muscle
movement –AT REST”



X sign indicates:

DYSTONIA

“Involuntary muscle
movement –AT MOVE”

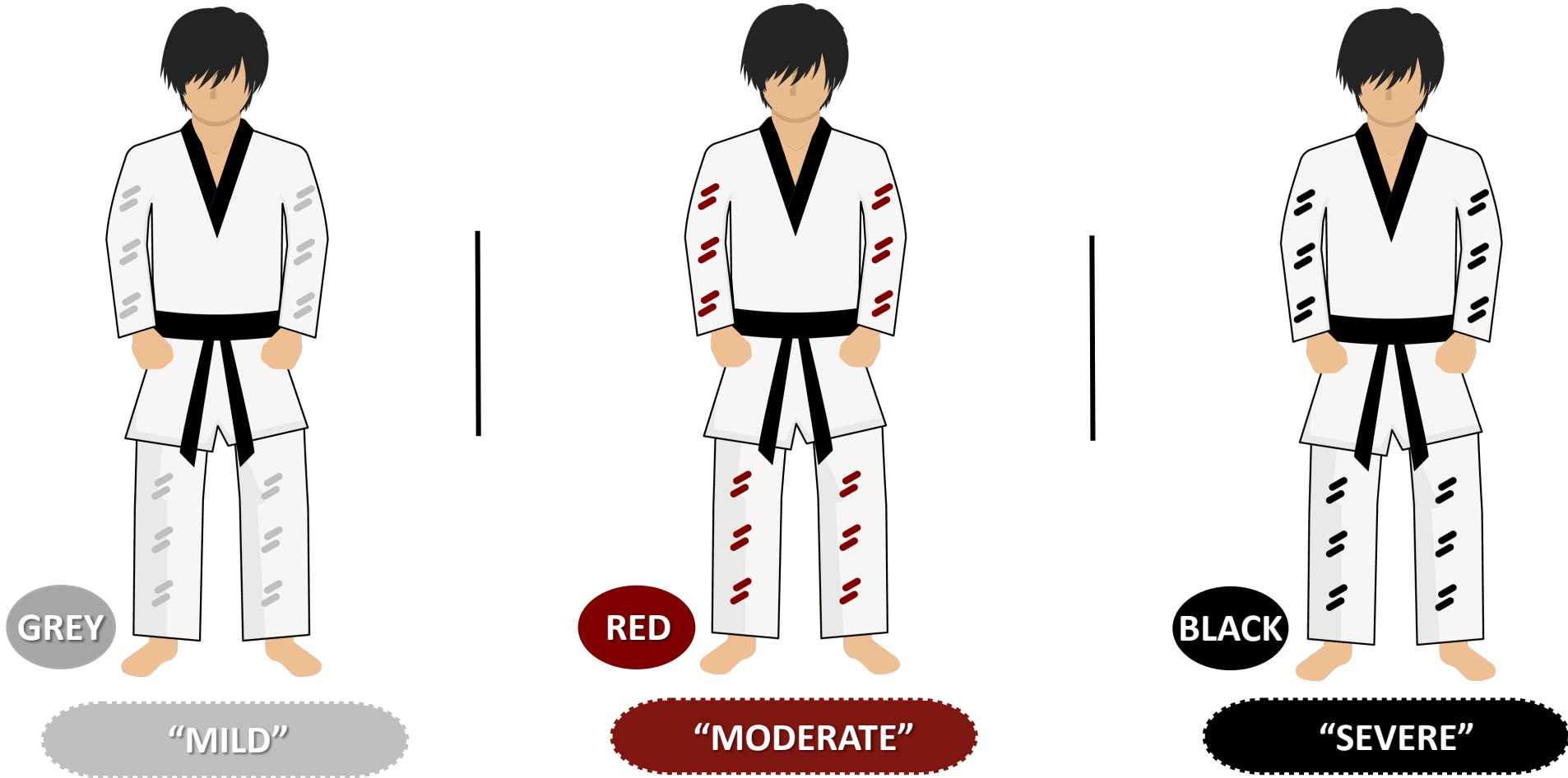


Dot sign indicates:

ATAXIA

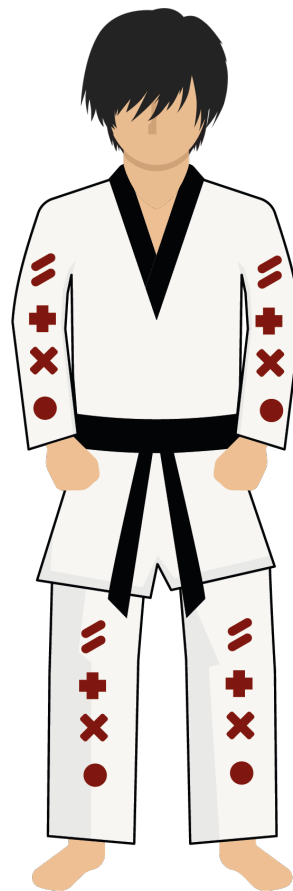
“Lack of coordination”

SEVERITY GUIDE



The Darker the color of the sign, the more severe the condition

P31



Condition:

Hypertonia/Spasticity or Spastic Dystonia or Athetosis or Ataxia

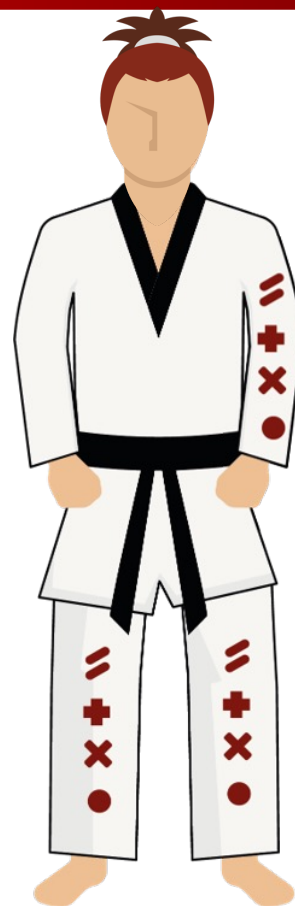
Severity:

Moderate

Number of limbs affected:

4 Limbs affected

P32



Condition:

Hypertonia/Spasticity or Spastic Dystonia or Athetosis or Ataxia

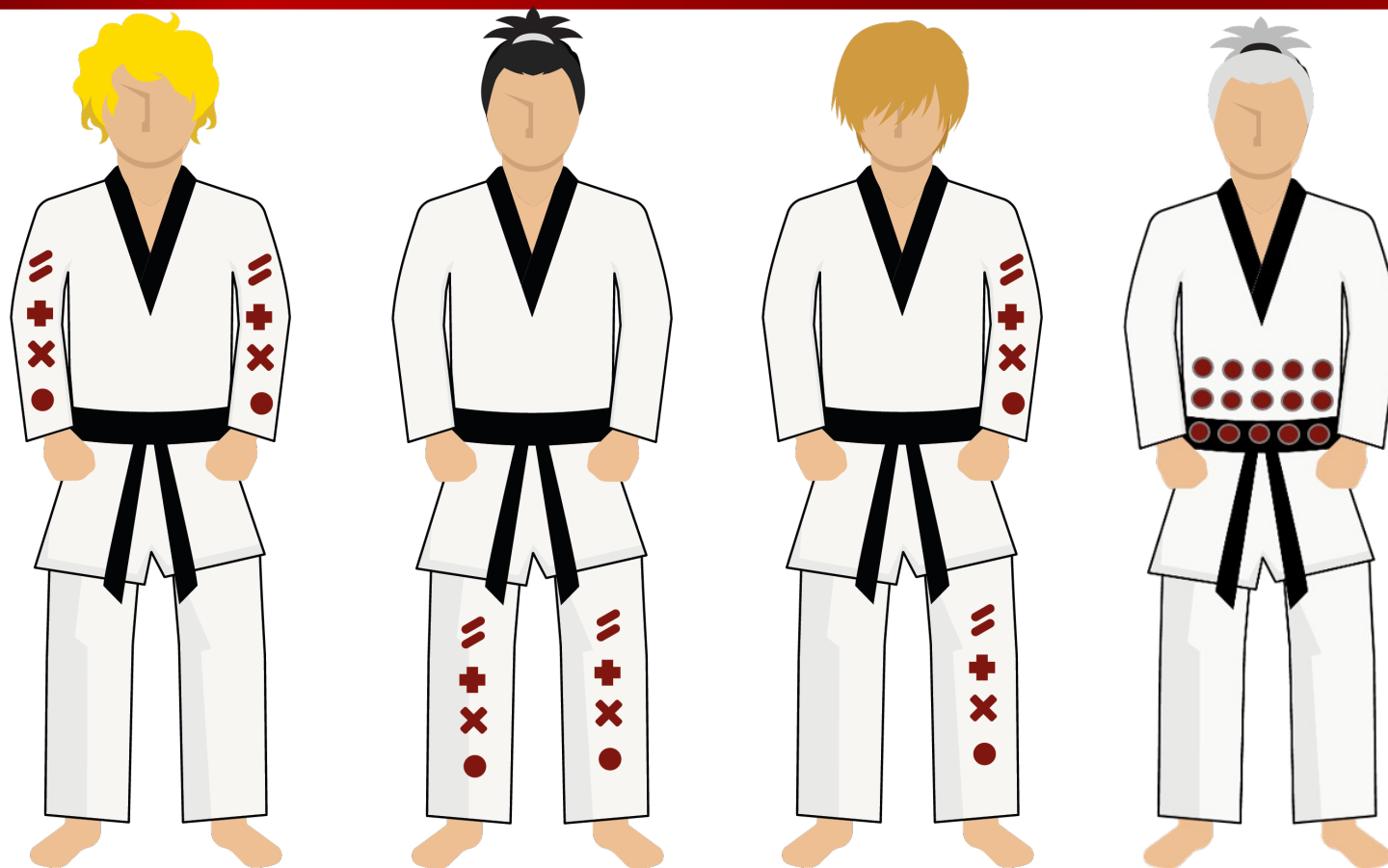
Severity:

Moderate

Number of limbs affected:

3 Limbs affected

P33



Condition:

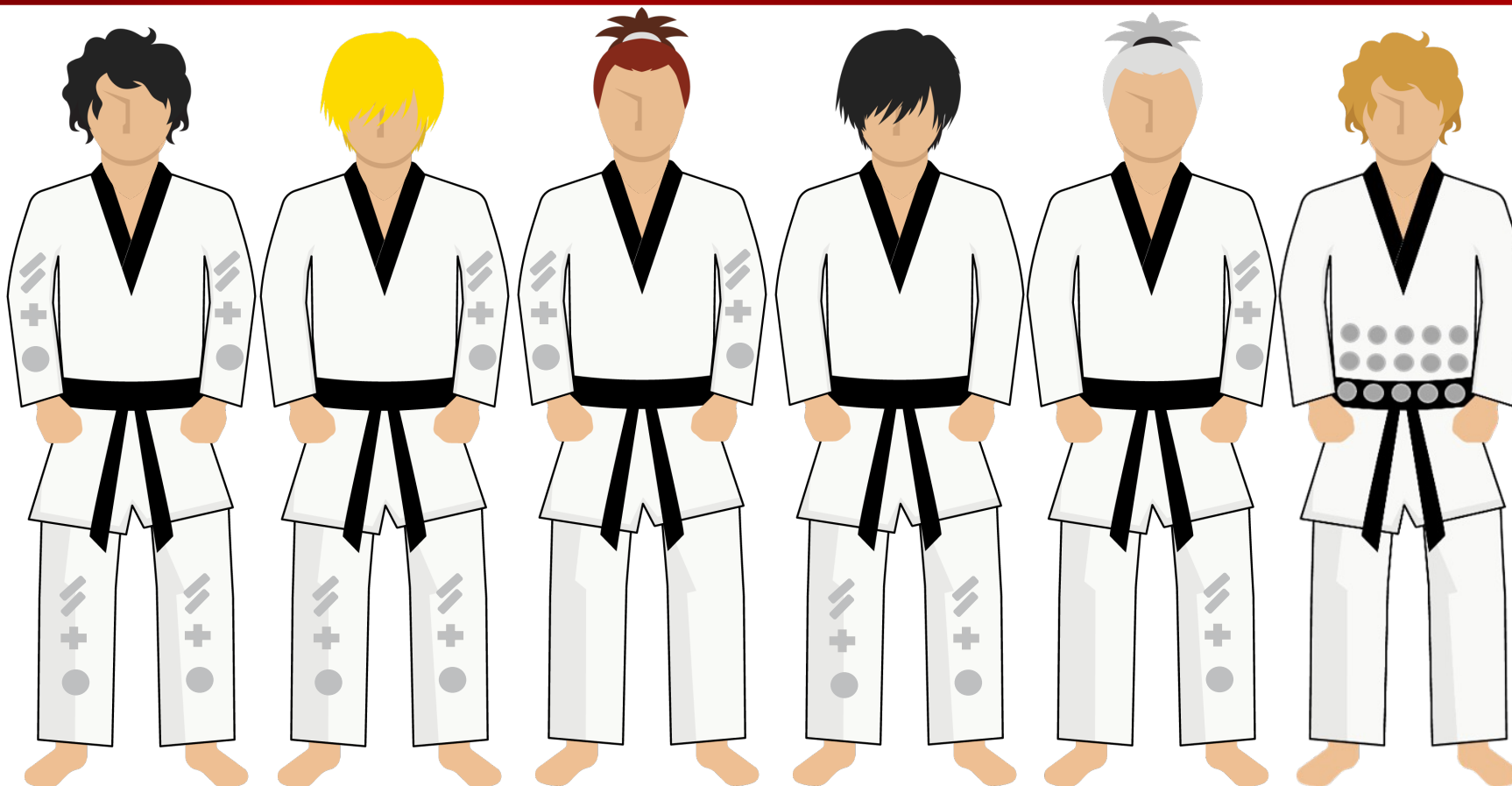
Hypertonia/Spasticity or Spastic Dystonia or Athetosis or Ataxia

Severity:

Moderate

Number of limbs affected:

2 Limbs affected or Hemi or Truncal

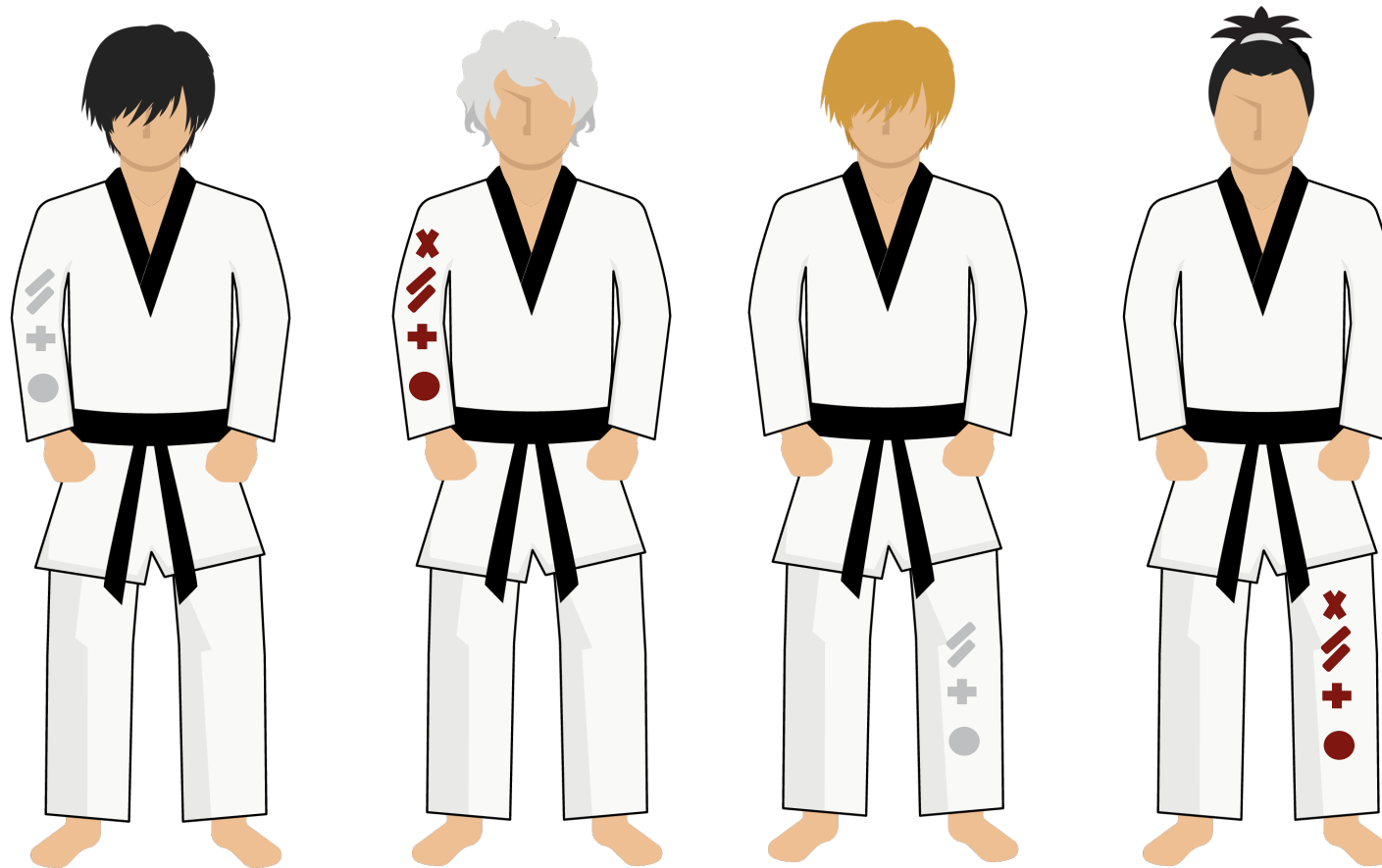


Condition: Hypertonia (Spasticity) or Athetosis or Ataxia / **NO DYSTONIA**

Severity: Mild

Number of limbs affected: 2-4 Limbs affected or Hemi or Truncal

P35



Condition:

Hypertonia (Spasticity) or Spastic Dystonia or Athetosis or Ataxia

Severity:

Mild or Moderate

Number of limbs affected:

1 Limb affected

SUMMARY P30

P31



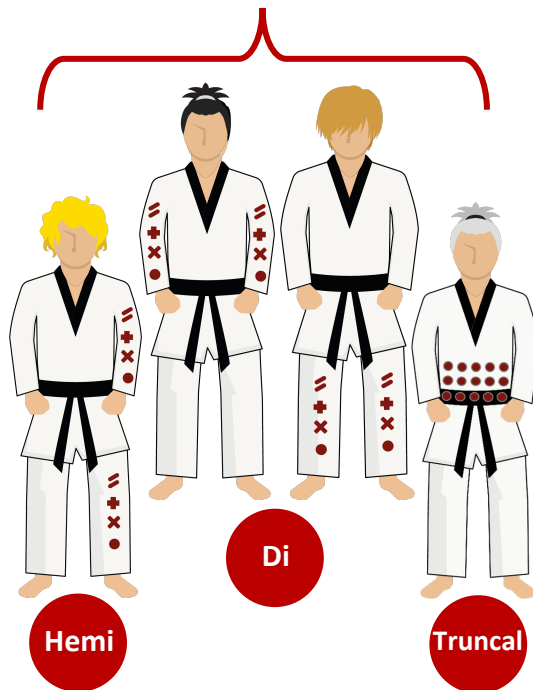
Quadri

P32



Tri

P33

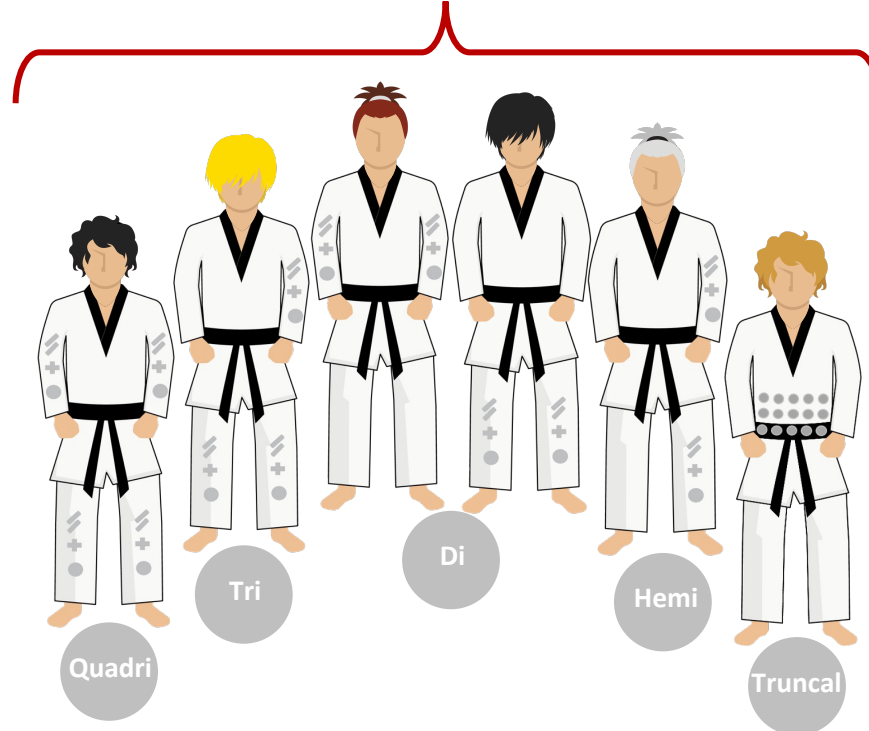


Hemi

Di

Truncal

P34



Quadri

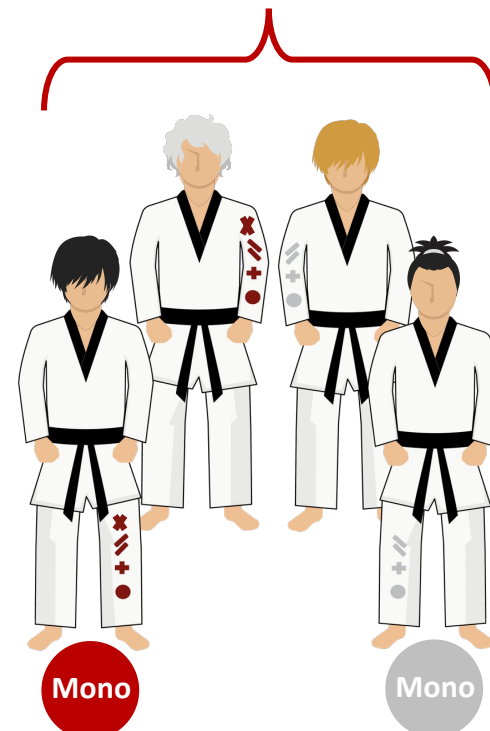
Tri

Di

Hemi

Truncal

P35



Mono

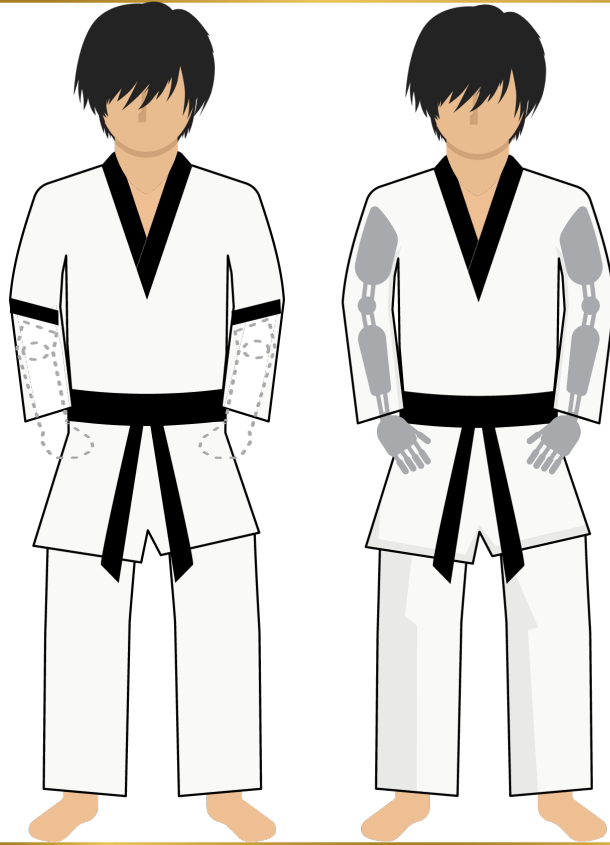
Mono

P40 POOMSAE PHYSICAL IMPAIRMENTS



THE LINE ON THE ARM INDICATES LIMB DEFICIENCY WHILE THE CIRCLE ON THE JOINT INDICATES AN IMPAIRMENT OF THE JOINTS OR MUSCLES OF THE LIMB THAT AFFECTS PHYSICAL MOVEMENT.

P41

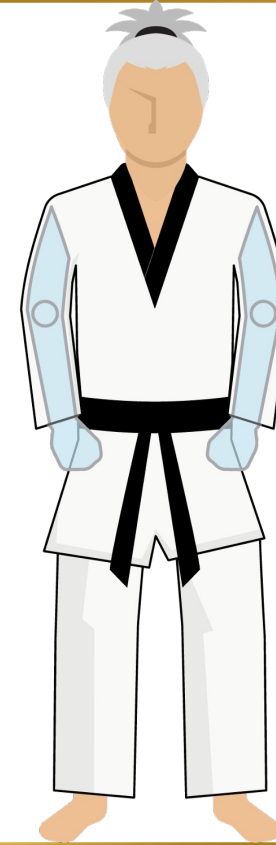


Bilateral Above elbow

Amputation or Dysmelia***

**Prosthetic Non-bionic limbs can be worn*

***Dysmelia: congenital malformation of the limb.*



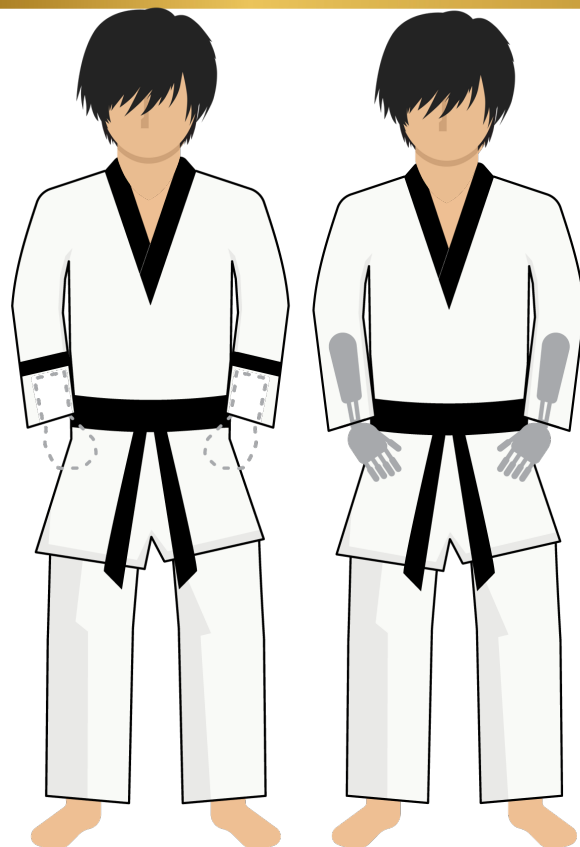
Bilateral Impaired Muscle Power

Grade 0-1 muscle power

No arm movement

Both arms MUST meet the minimum impairment criteria

P42

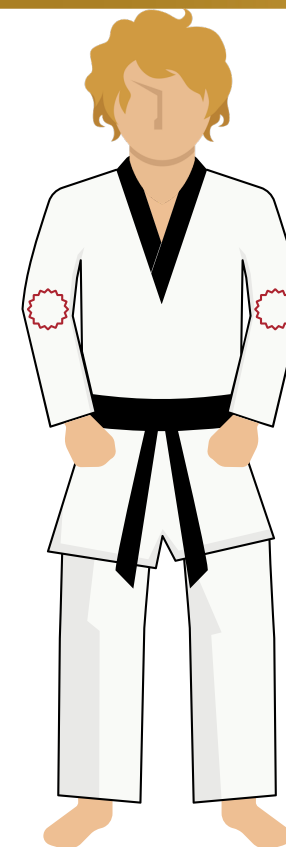


Bilateral below elbow

Amputation or Dysmelia*

** Prosthetic Non-bionic limbs can be worn*

***Dysmelia: congenital malformation of the limb.*

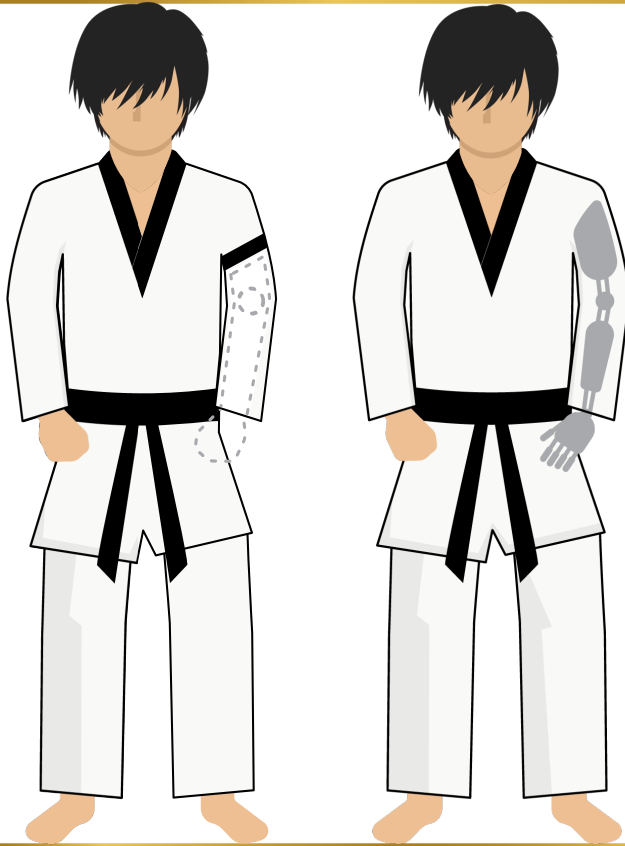


Bilateral Impaired Passive Range of
Movement

No elbow movement

Both arms MUST meet the minimum impairment criteria

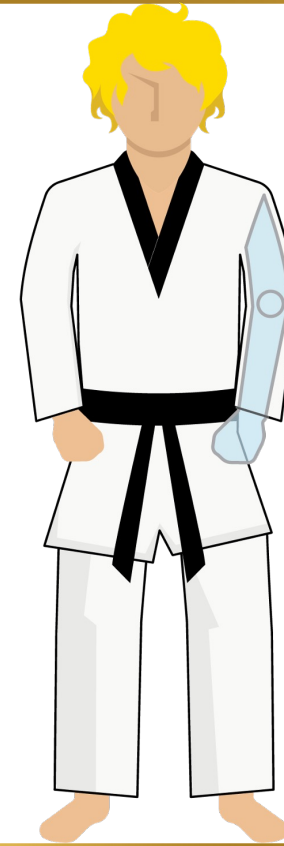
P43



Unilateral Above elbow
Amputation or Dysmelia***

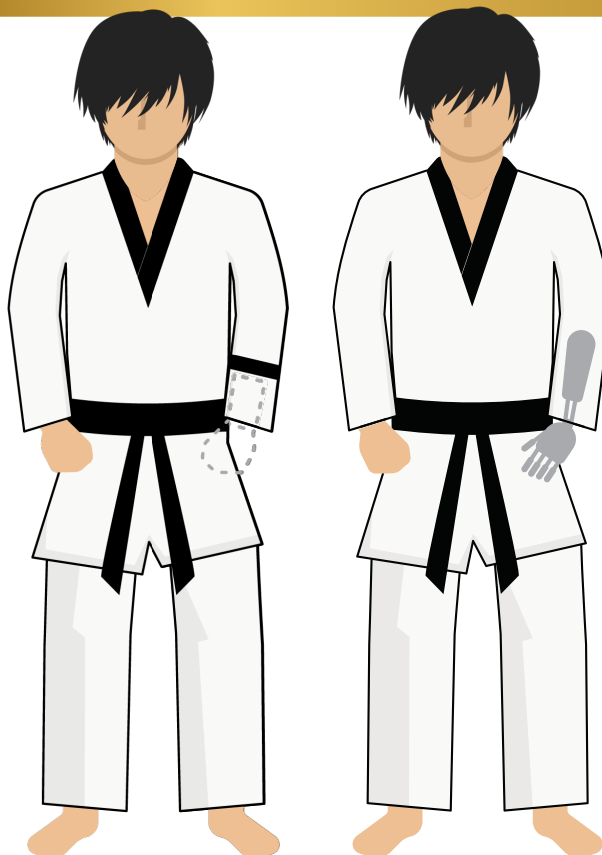
** Prosthetic Non-bionic limbs can be worn*

***Dysmelia: congenital malformation of the limb.*



Unilateral Impaired Muscle Power
Grade 0-1 muscle power
No arm movement

P44

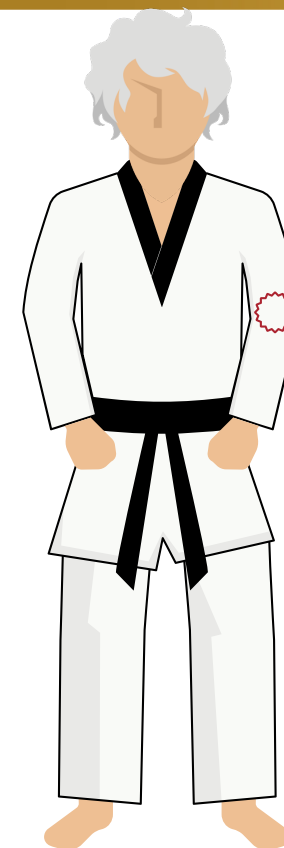


Unilateral below elbow

Amputation or Dysmelia*

** Prosthetic Non-bionic limbs can be worn*

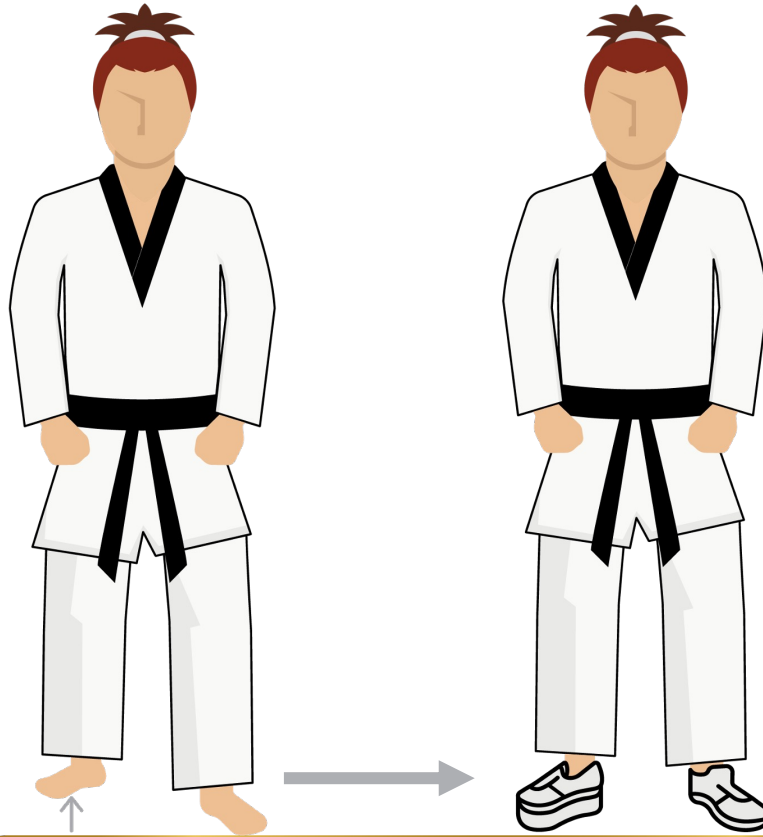
***Dysmelia: congenital malformation of the limb.*



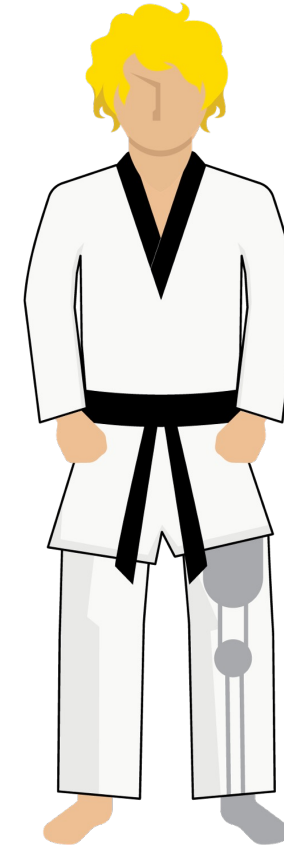
Unilateral Impaired Passive Range of
Movement

No elbow movement

P45

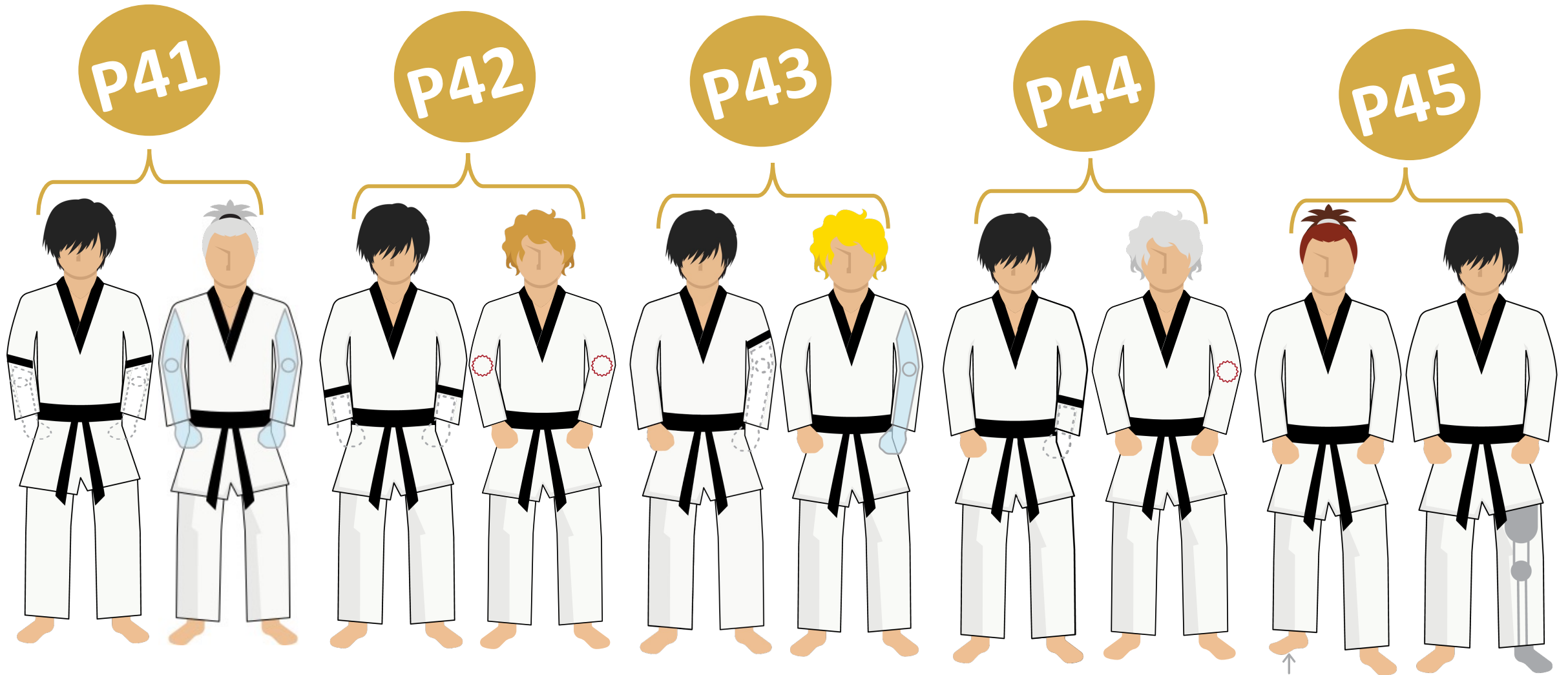


Unilateral Leg length difference
Above 7cm.
Must wear orthotic shoes.

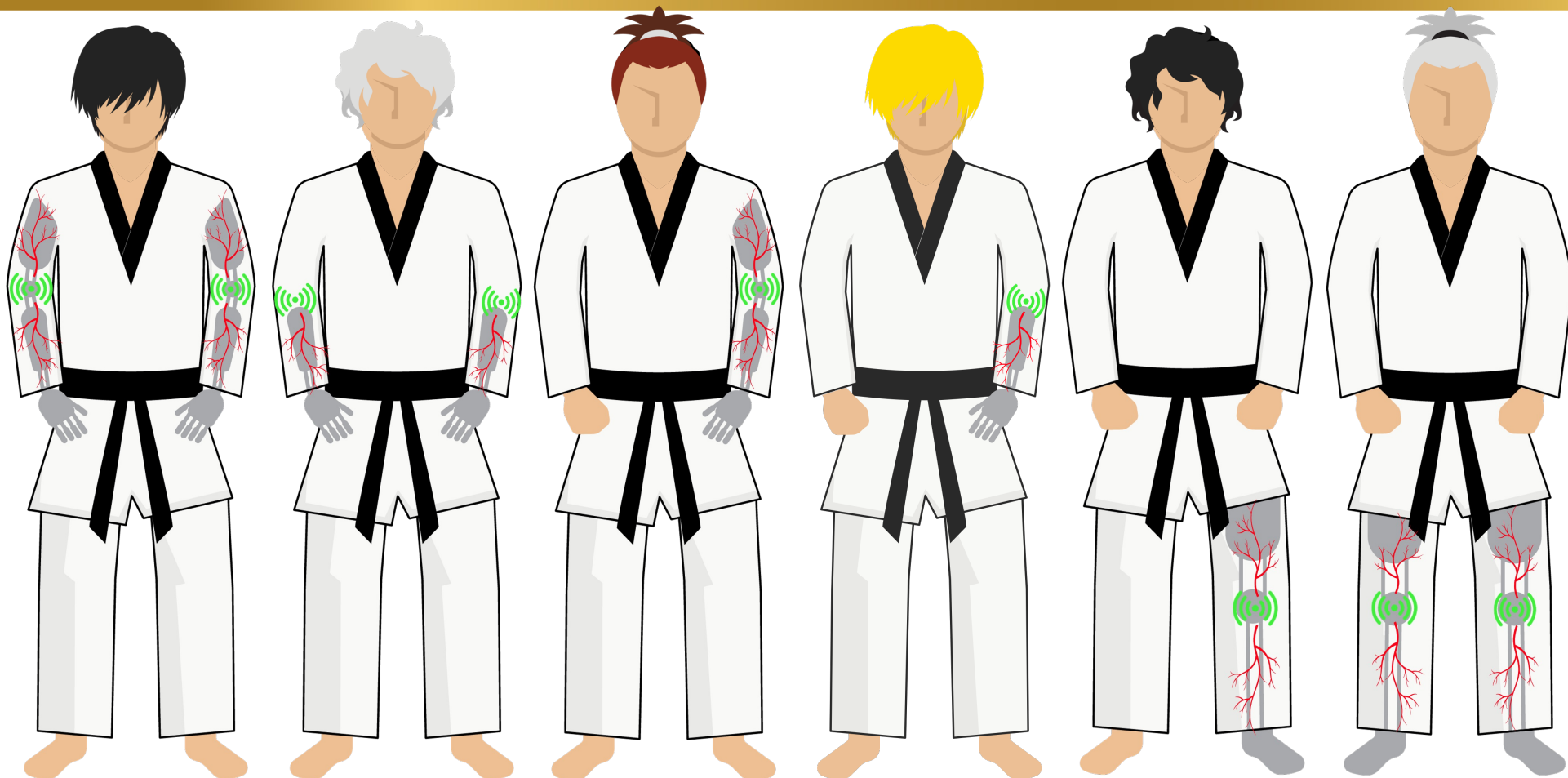


Unilateral amputation
Above or below knee.
Must wear prosthetic leg (NON-bionic).

SUMMARY P40



P40_B



Unilateral or Bilateral amputation of any Limb.

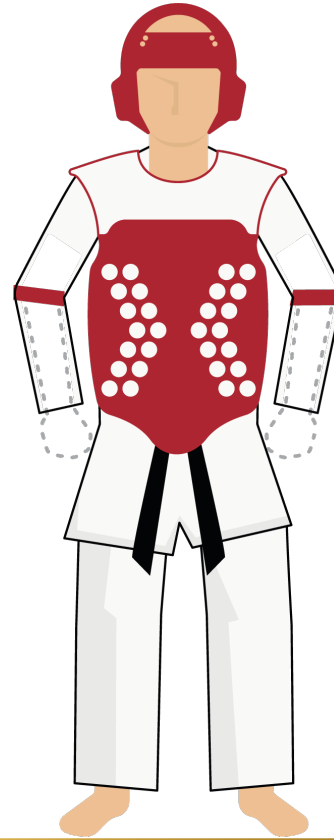
MUST WEAR BIONIC MOVABLE LIMBS

K40 KYORUGI PHYSICAL IMPAIRMENTS



THIS GROUP ALSO INCLUDES PHYSICAL IMPAIRMENTS WITHIN THE SPARRING “KYORUGI” DISCIPLINE OF TAEKWONDO INDICATED BY TWO OPPONENTS WITH HEAD & CHEST GUARDS

K41

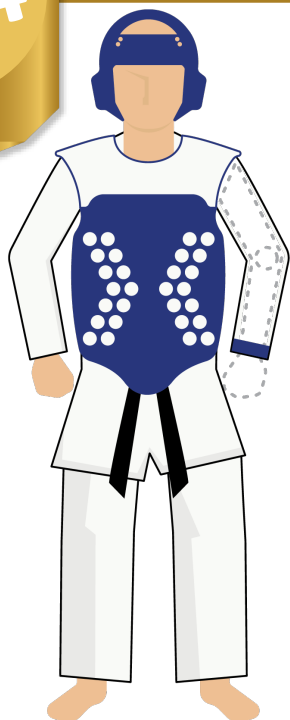


Bilateral Amputation above or through the elbow. NO elbow joint can be present on either sides for acquired amputation.

Bilateral Dysmelia in which the length of each upper limb $\leq (0.193 \times \text{standing height in cm})$.

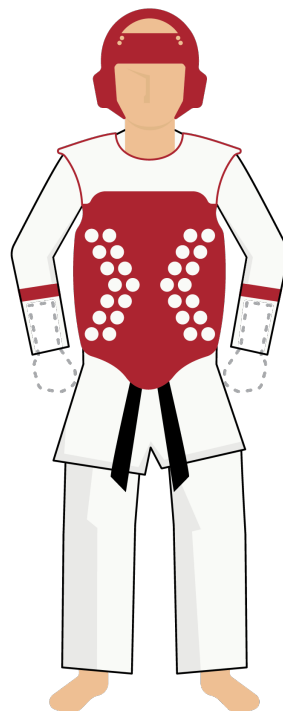
BOTH ARMS MUST MEET MINIMUM IMPAIRMENT CRITERIA (MIC)

K44



Unilateral Amputation, through or above wrist (i.e., no carpal bones present in affected limb). Arthrodesis of the wrist joints are Not Eligible (NE).

Unilateral Dismelia, the length of the affected arm measured from acromion to longest part of the stump is equal in length or shorter than the unaffected arm measured from acromion to radial styloid.



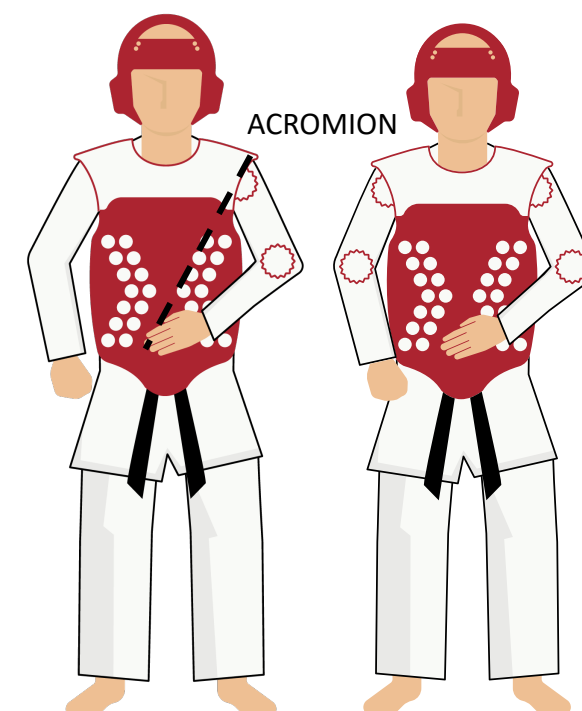
Bilateral Amputation, below the elbow but above or through wrists (NO carpal bones present in either wrists).

Bilateral Dismelia, the length of each arm is equal to or shorter than $\leq 0.337 \times$ standing height in cm. Only one arm can meet the criteria.



Unilateral or Bilateral ~~Impaired~~ muscle power (Grade 2 muscle power or below) in shoulder abduction and/or flexion.

Unilateral or Bilateral ~~Impaired~~ muscle power (Grade 3 muscle power or below) in elbow flexion and/or extension.

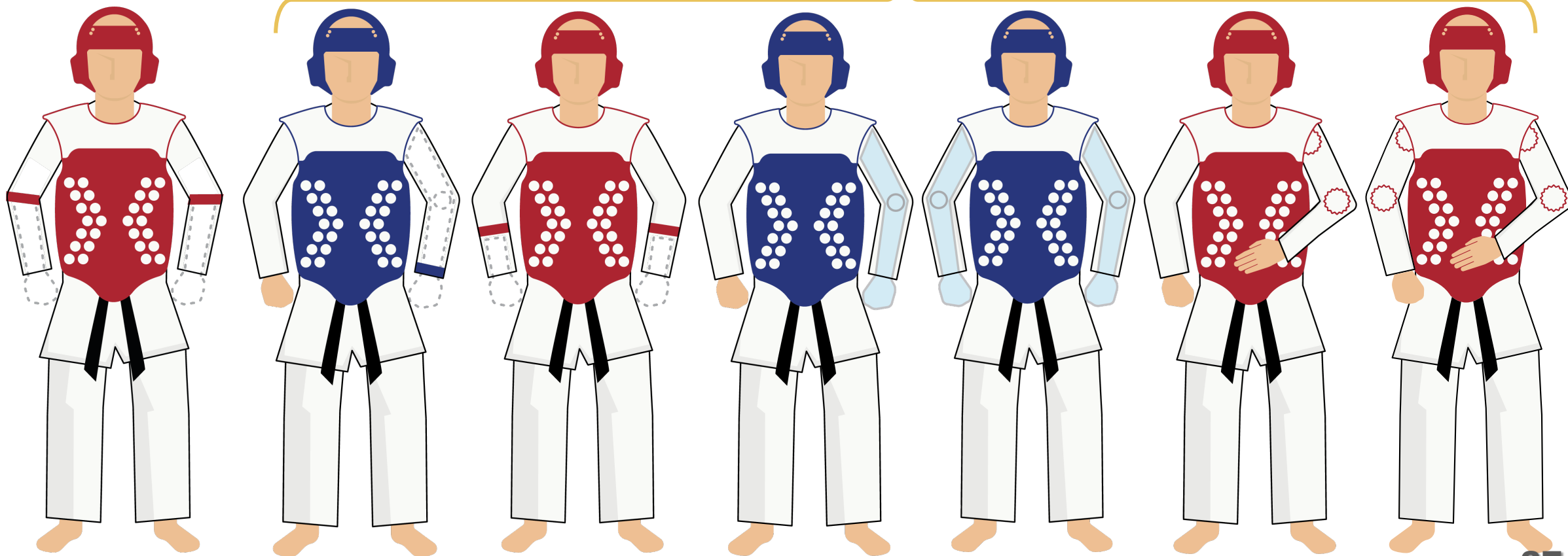


Unilateral or Bilateral ~~Elbow flexion~~ contracture from arthrodesis/ankylosis of a joint with traumatic soft tissue loss or boney joint damage; affected arm length is measured from acromion to longest finger is shorter than or equal to \leq the unaffected arm measured from acromion to radial styloid with the elbow extended by the athlete to the longest.

SUMMARY K40

K41

K44



P50 POOMSAE USING ASSISTIVE DEVICES



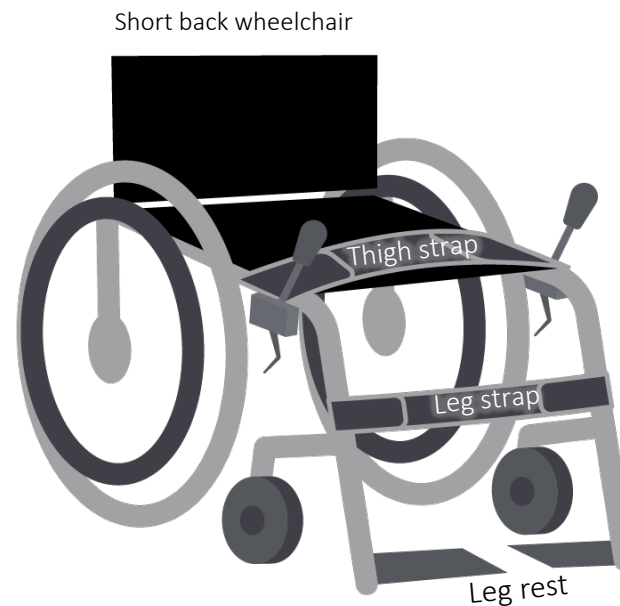
THE “CIRCLE” INDICATES A WHEELCHAIR, FOR ATHLETES WITH LOWER LIMB OR TRUNCAL IMPAIRMENTS THAT AFFECTS THEIR ABILITY TO STAND AND WOULD NEED AN ASSISTIVE DEVICE TO SUPPORT PERFORMING TAEKWONDO MOVEMENTS.

GUIDE TO ASSISTIVE DEVICES



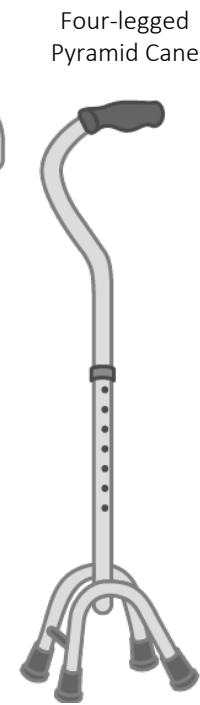
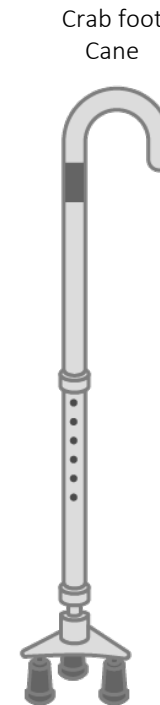
MUST HAVE truncal strap, thigh strap, leg strap and leg rest (if lower limbs are available).

SIDE HANDLES CAN BE KEPT

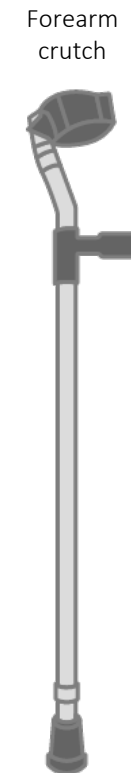


MUST HAVE thigh strap, leg strap and leg rest (if lower limbs are available).

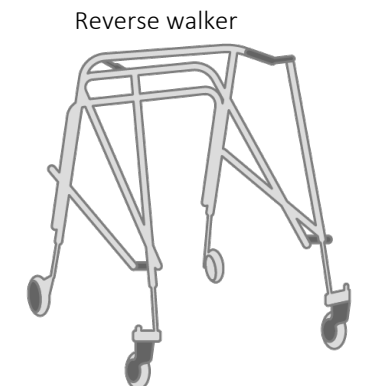
SIDE HANDLES MUST BE REMOVED



CANES

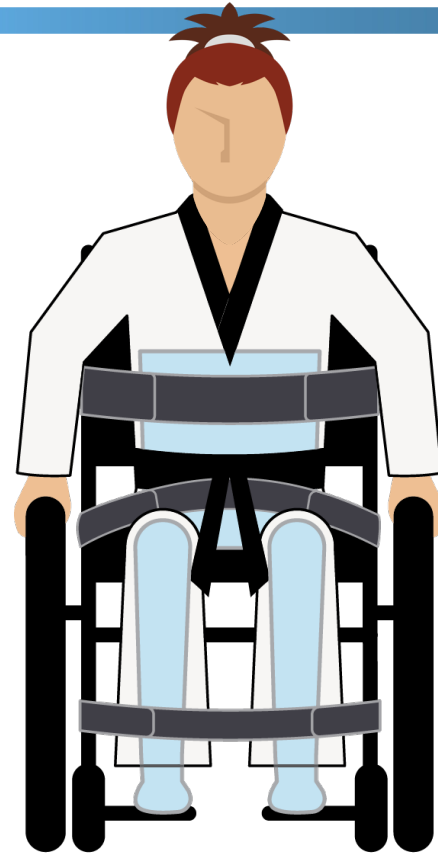


CRUTCHES



WALKERS

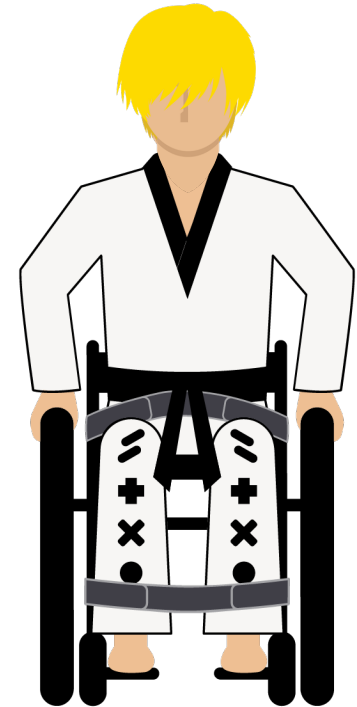
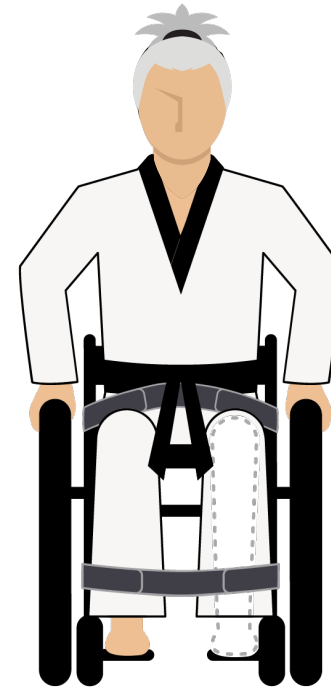
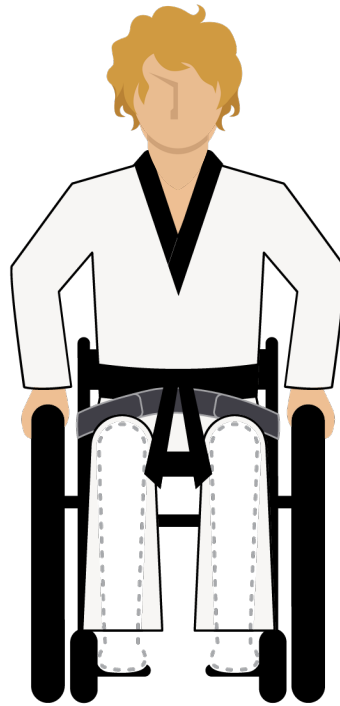
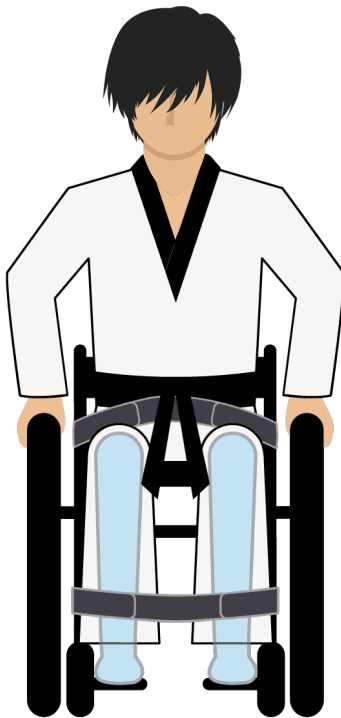
P51



Any medical condition (e.g. impaired muscle power, impaired passive range of movement or neuro-muscular conditions) that affects BOTH lower limbs and THE TRUNCAL AREA to an extent that an athlete CANNOT stand and would require a back strap to stabilise on the wheelchair.

MUST APPLY TRUNK & THIGH STRAP

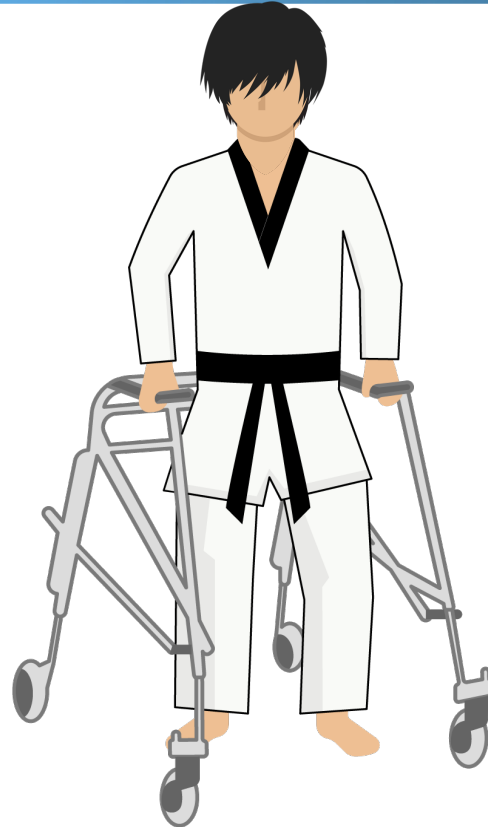
Leg strap and leg rest (if applicable), side handles can be kept



Any medical condition (amputation, dysmelia, impaired muscle power, or neurological conditions) that affects ONE or BOTH lower limbs to an extent that an athlete CANNOT stand. Stable on the wheelchair (trunk NOT affected).

MUST REMOVE SIDE HANDLES & APPLY THIGH STRAP

Leg strap and leg rest (if applicable)

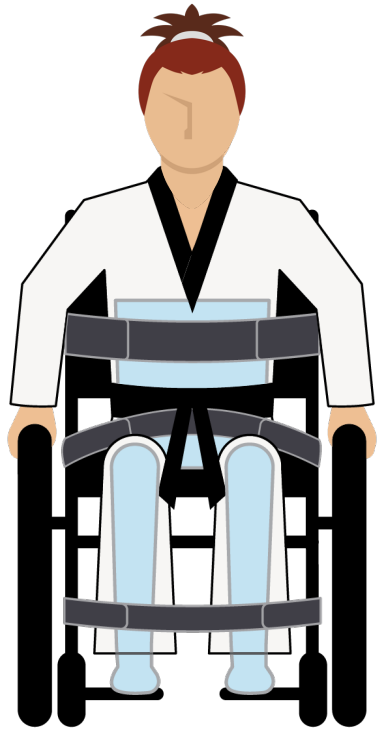


Any medical condition (e.g. cerebral palsy) that affects ONE or BOTH lower limbs to an extent that an athlete CAN stand stable using an assistive device.

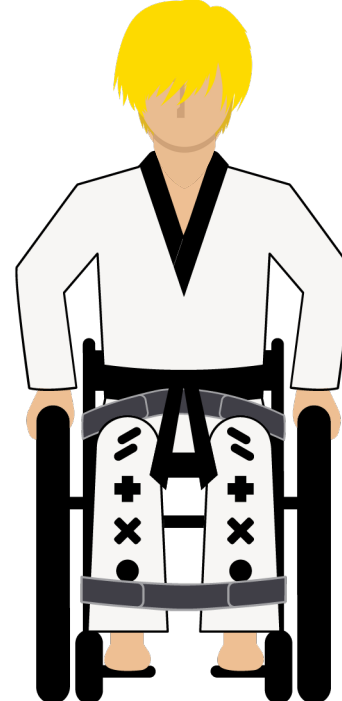
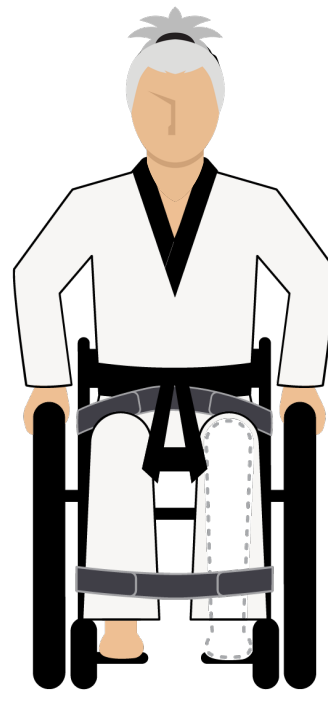
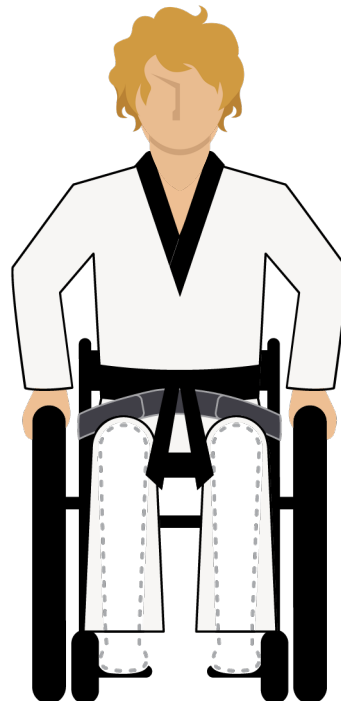
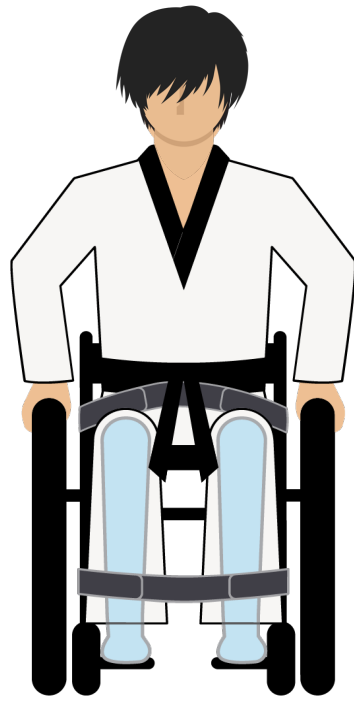
MUST HAVE BOTH FEET

SUMMARY P50

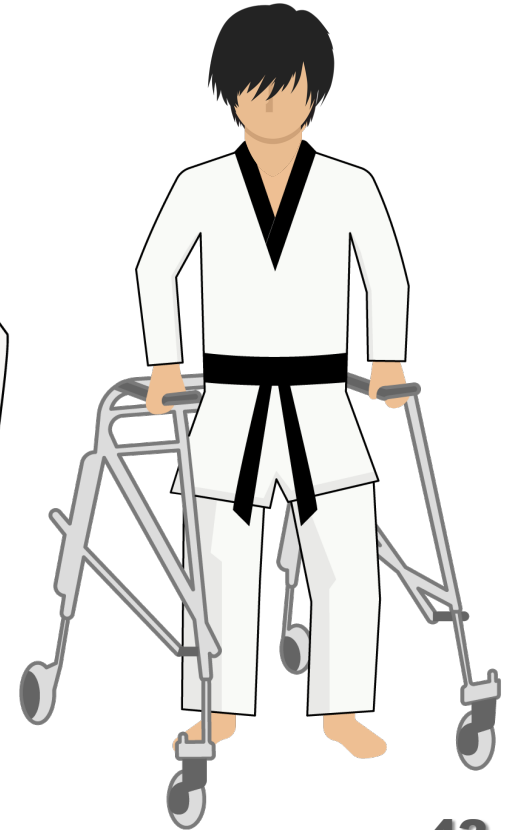
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P52



P53

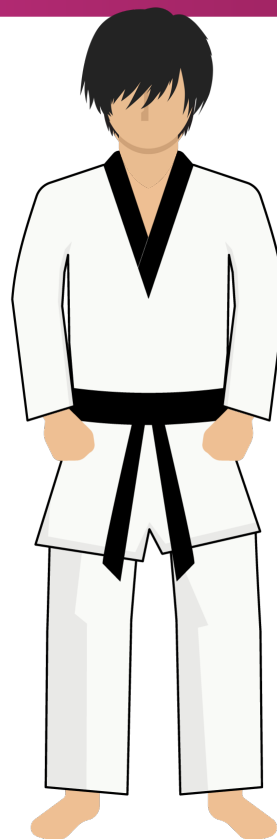


P60 POOMSAE HEARING IMPAIRMENTS



THE UNIVERSAL SYMBOL OF
HEARING DISABILITY INDICATES
THIS CLASS.

P61



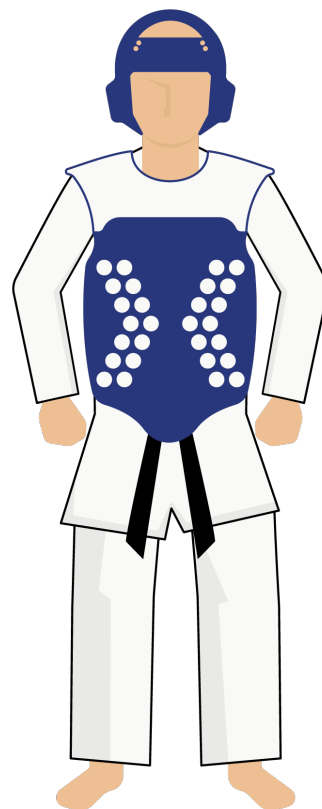
Poomsae discipline
Following Deaflympics guide

K60 KYORUGI HEARING IMPAIRMENTS



THE UNIVERSAL SYMBOL OF HEARING DISABILITY INDICATES THIS CLASS. WHILE THE HEAD & CHEST GUARDS INDICATES THE KYORUGI DISCIPLINE OF TAEKWONDO .

K61



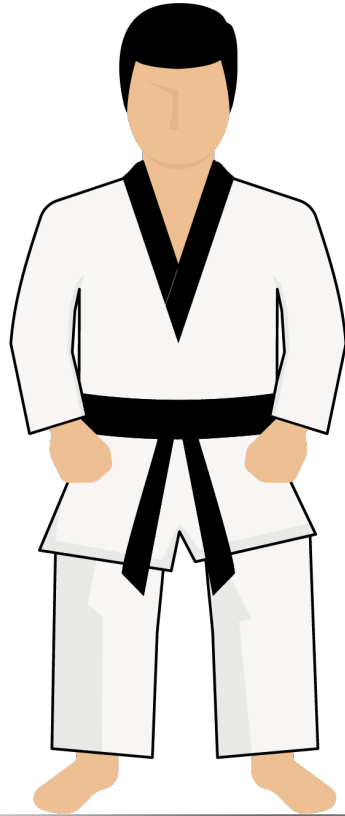
Kyorugi discipline
Following Deaflympics guide

P70 POOMSAE SHORT STATURE



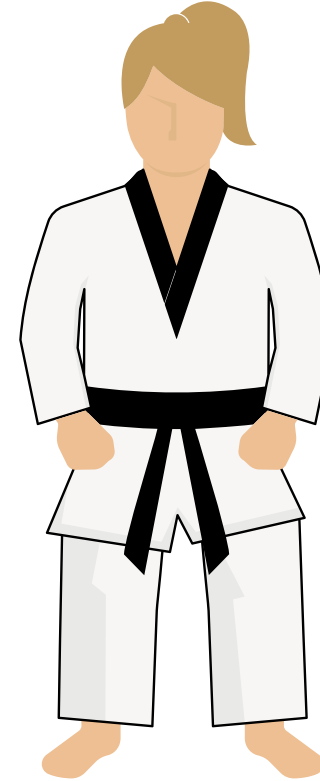
THE SHORT STATURE FIGURE
INDICATES BELOW AVERAGE
HEIGHT.

P72



Standing height ≤ 145 cm.
and *Arm length ≤ 66 cm
and Standing height + arm length ≤ 200

**Arm measured from acromion to the tip of longest finger*

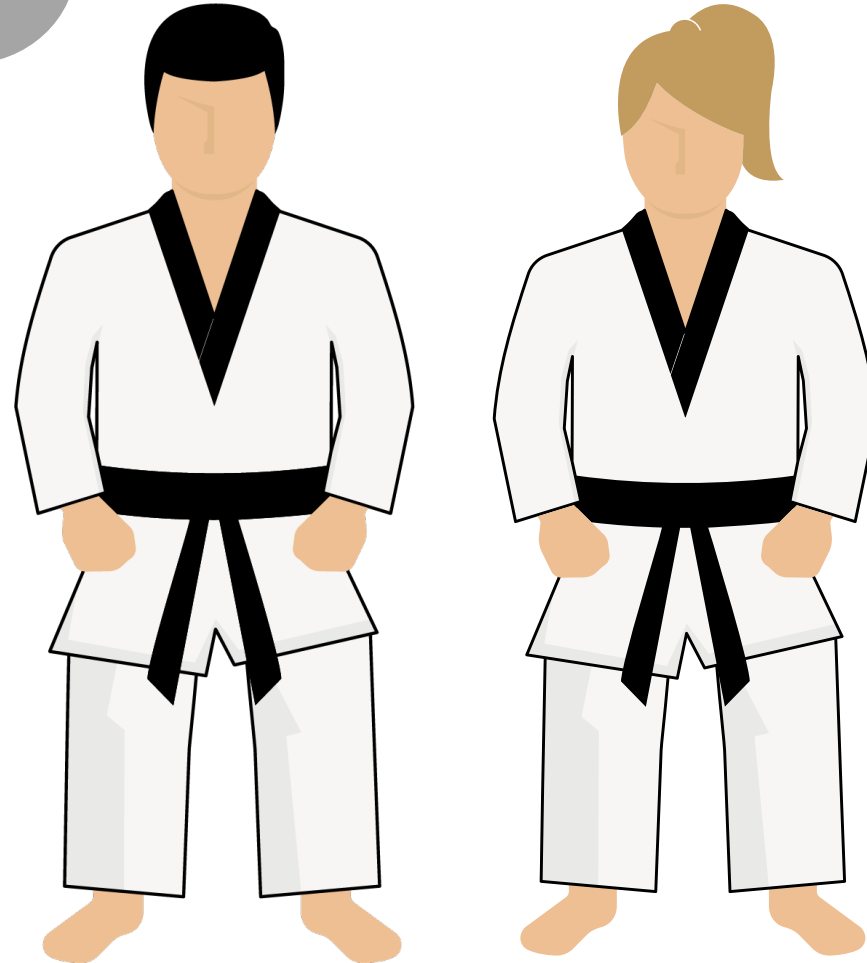


Standing height ≤ 137 cm.
and *Arm length ≤ 63 cm
and Standing height + arm length ≤ 190

**Arm measured from acromion to the tip of longest finger*

SUMMARY P70

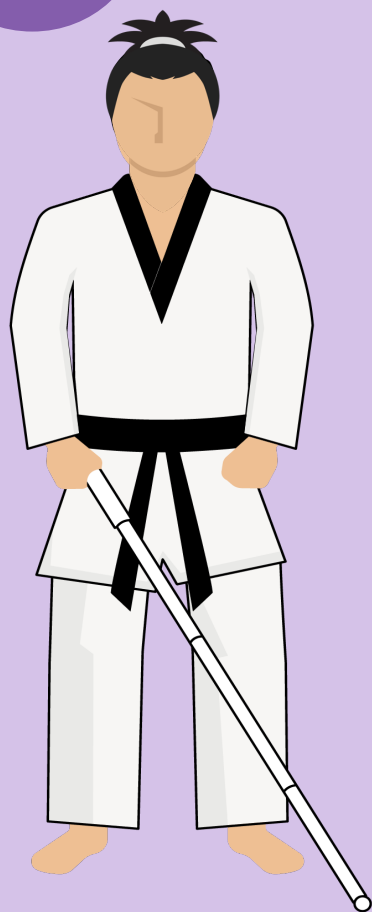
P72



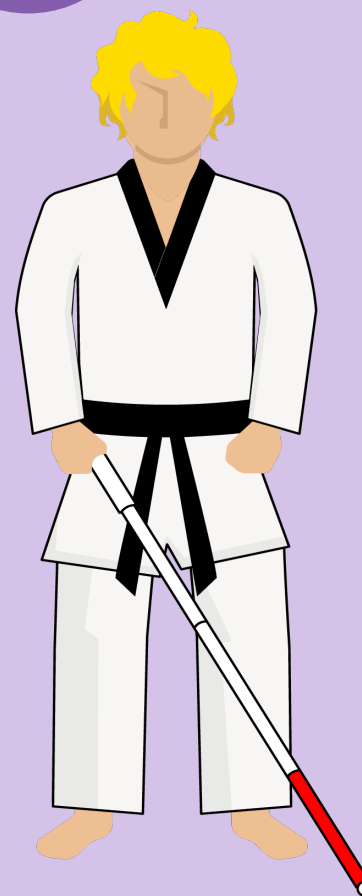
SUMMARY

OF ALL SPORT CLASSES

P11

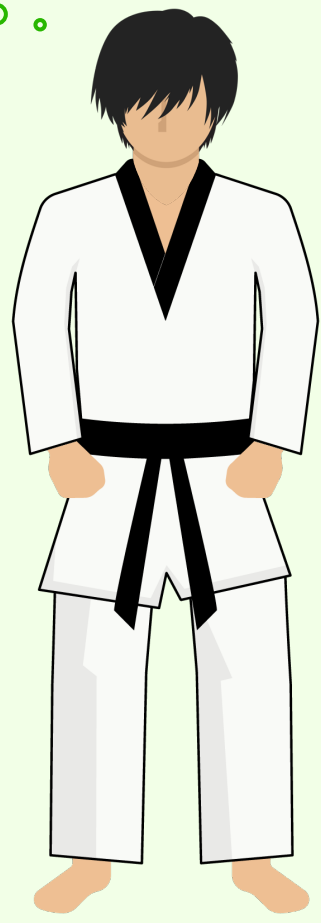


P12

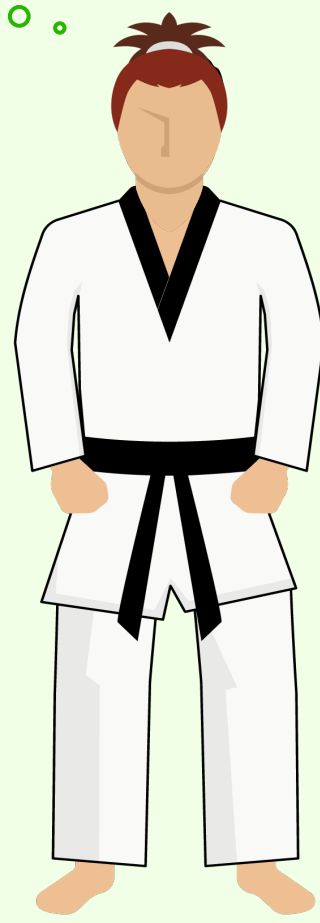
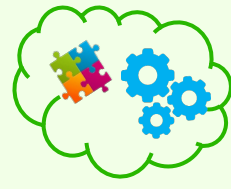




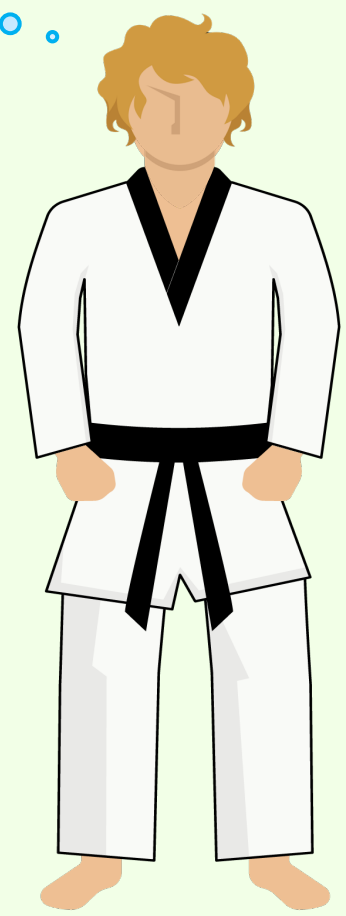
P21



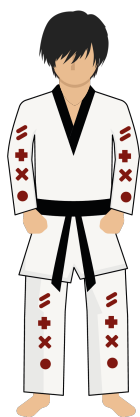
P22



P23



P31



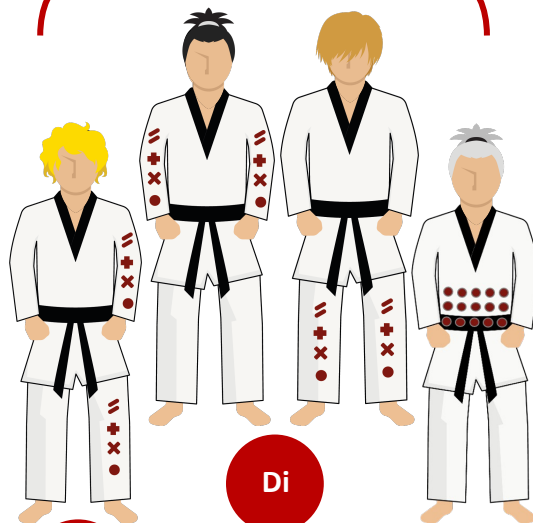
Quadri

P32



Tri

P33

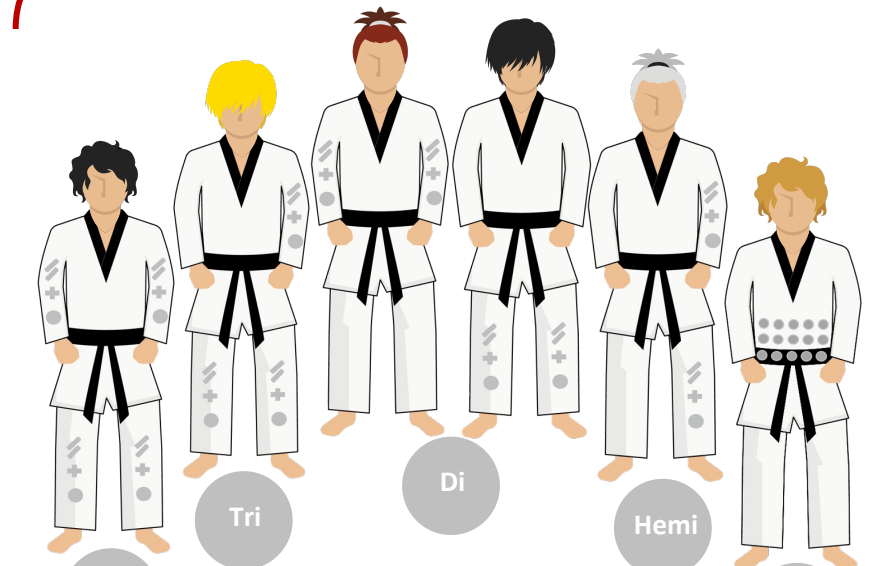


Hemi

Di

Truncal

P34



Quadri

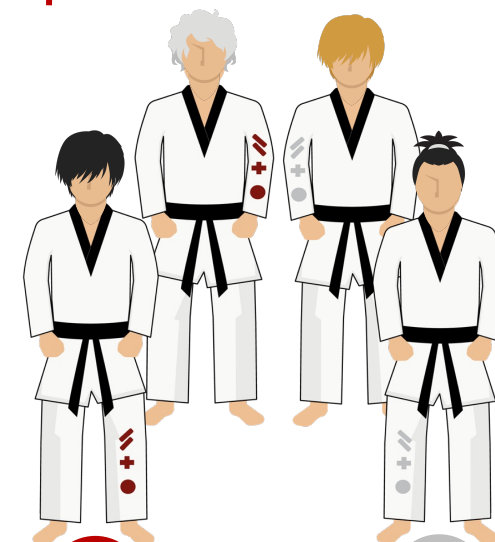
Tri

Di

Hemi

Truncal

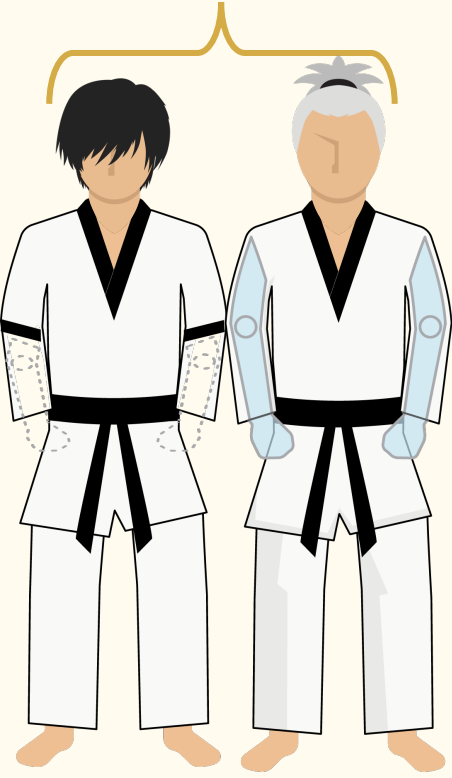
P35



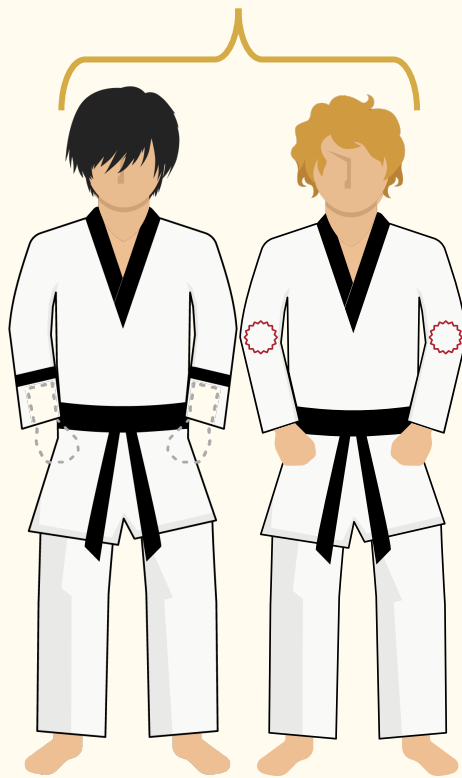
Mono

Mono

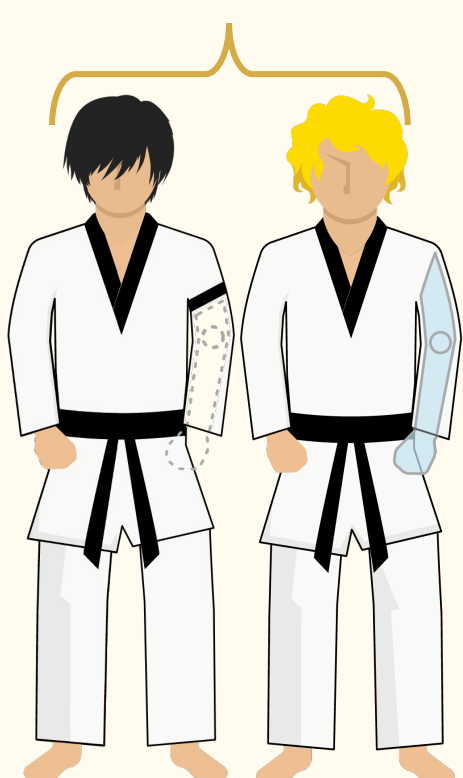
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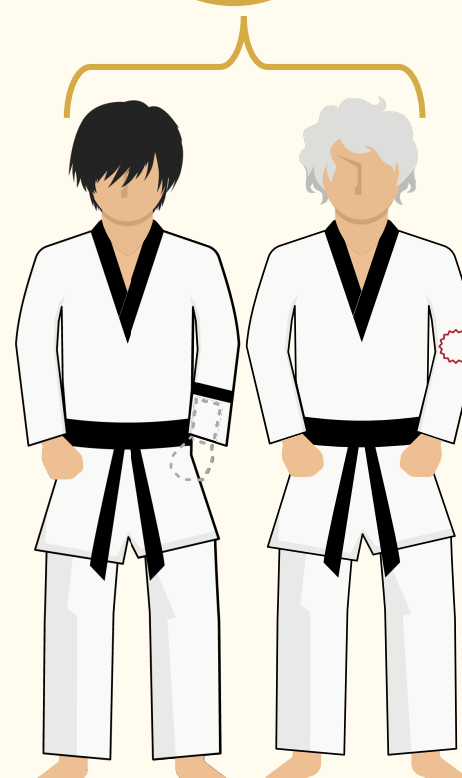
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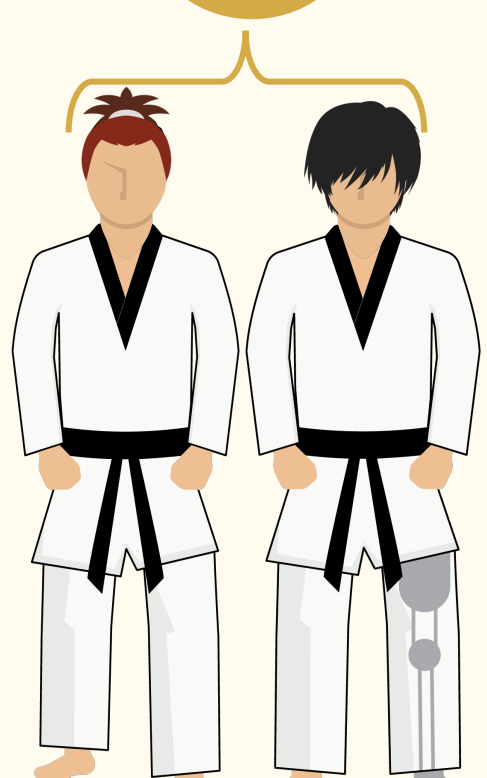
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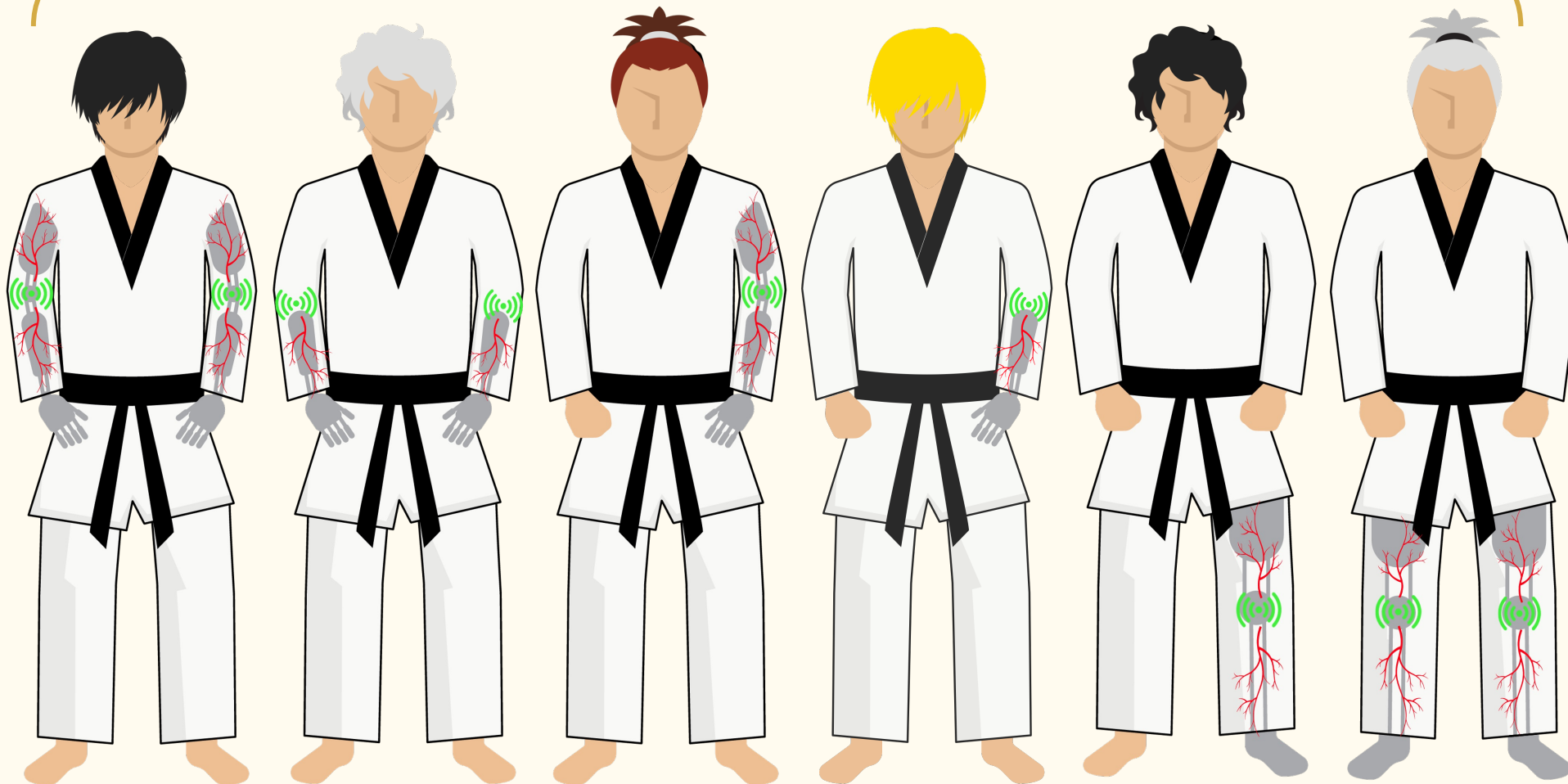
P44



P45

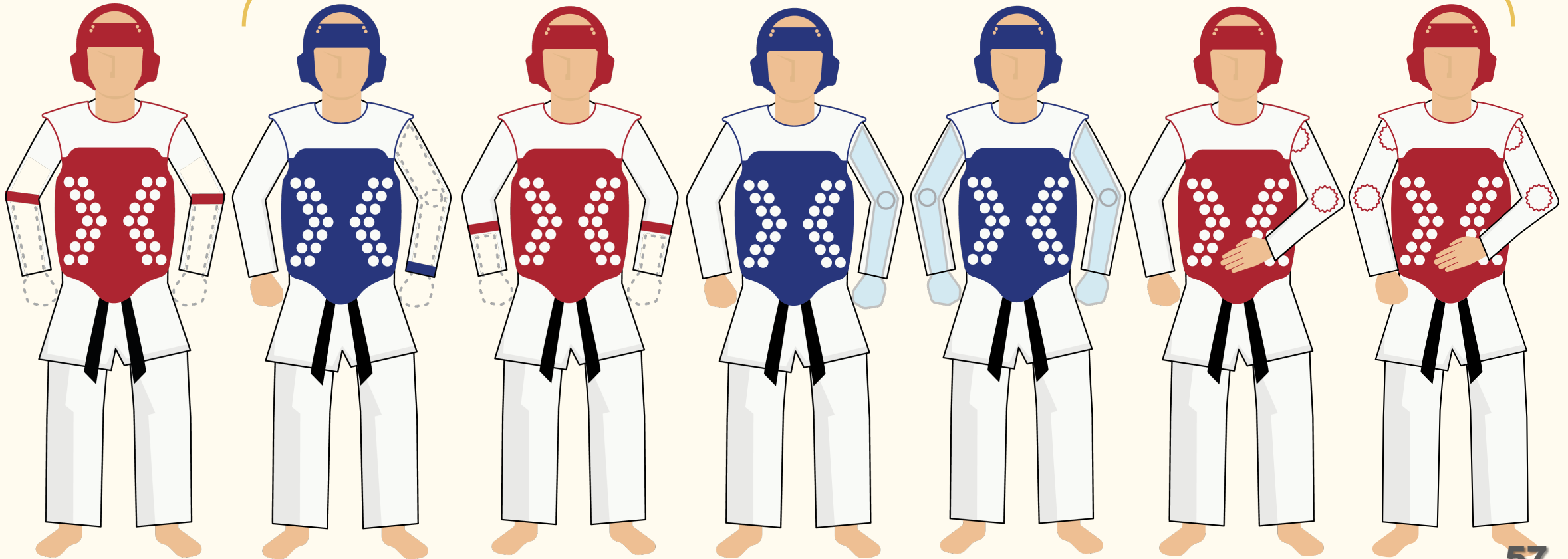


P40_B



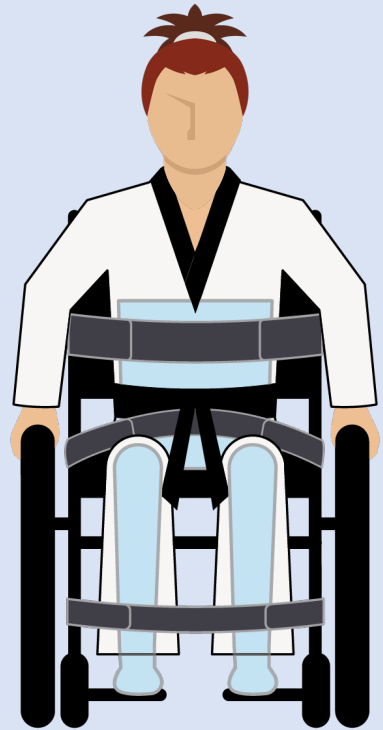
K41

K44

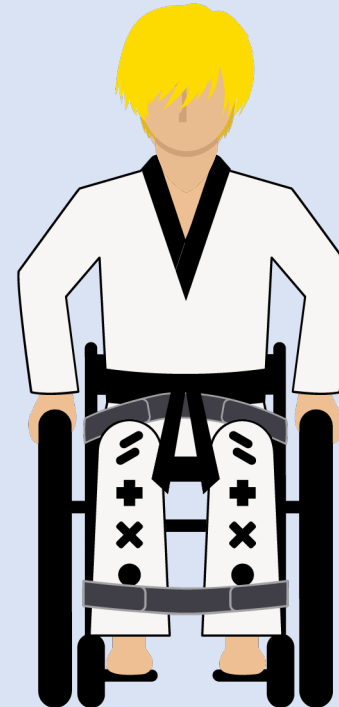
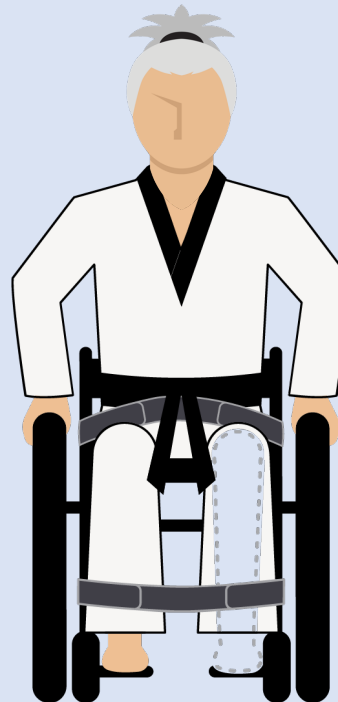
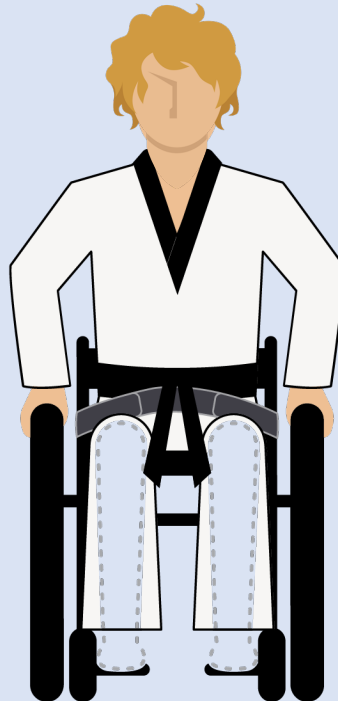
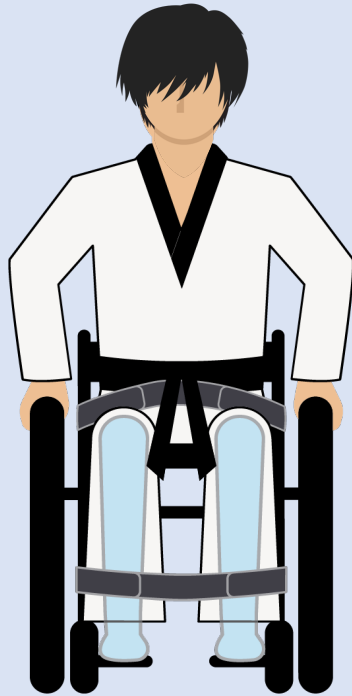




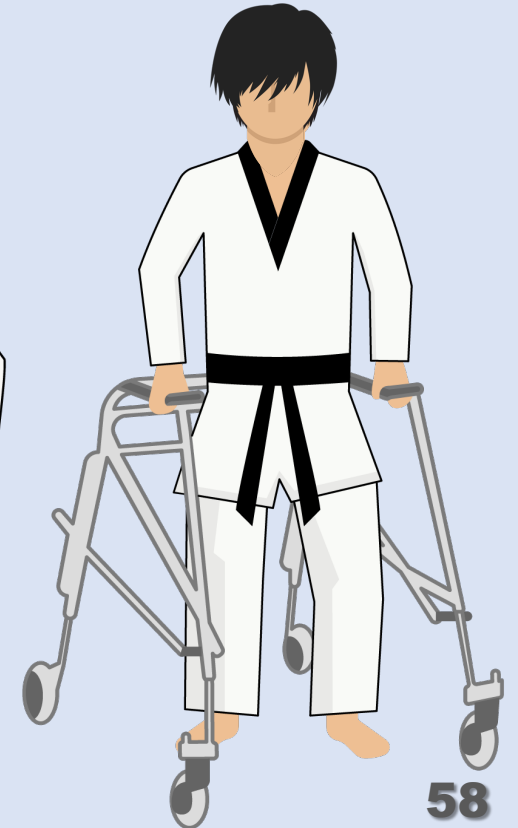
P51

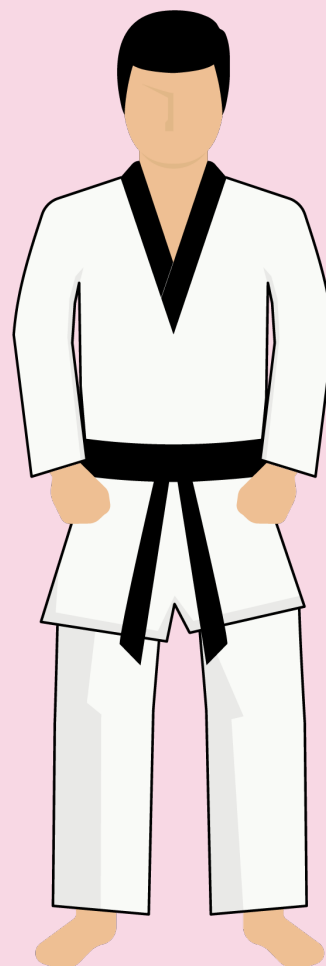


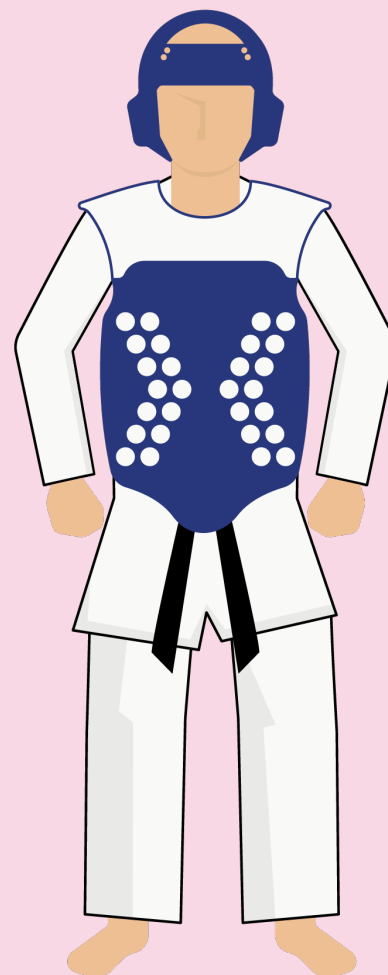
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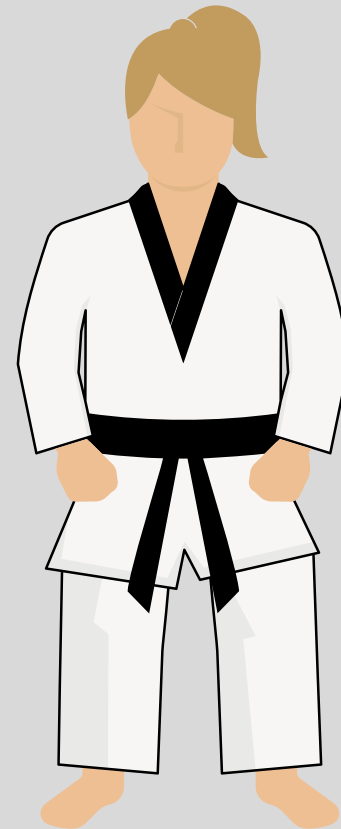
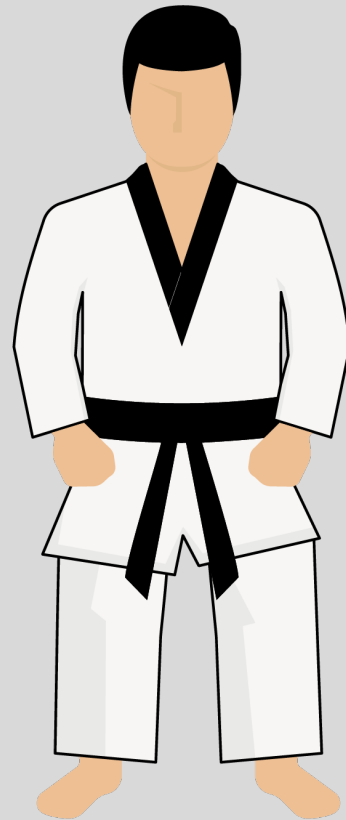
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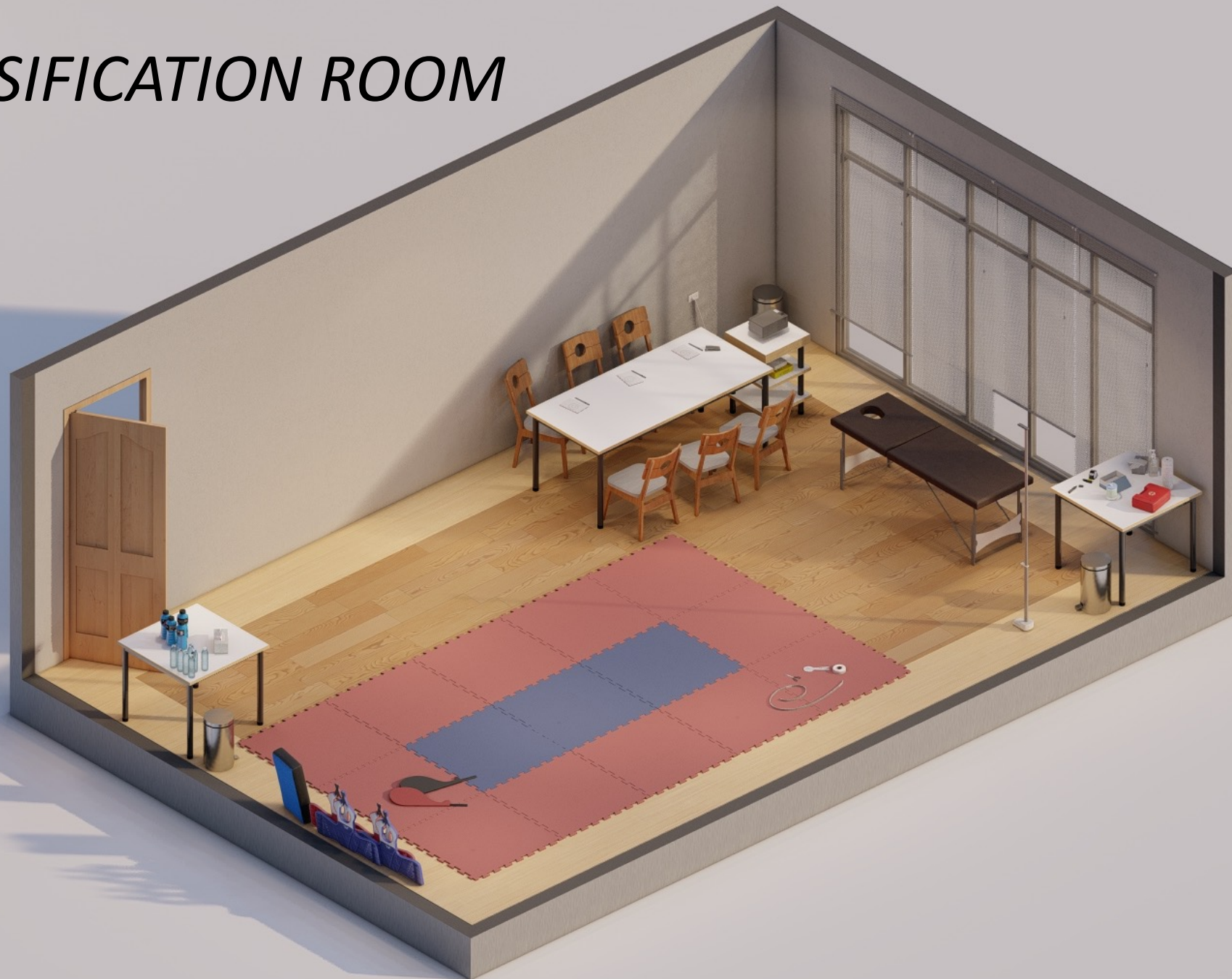




P72



CLASSIFICATION ROOM



GUIDE TO CLASSIFICATION ROOM

- The set up of the classification room may vary slightly from one championship to another depending on the allocated area.
- The room is closed and private to maintain athletes privacy.
- Regular room temperature (25 °c) is maintained, heater or air conditioning may be used, if needed.
- Electricity socket and WIFI are provided.
- The room generally is divided into 4 main sections.



Sections

- 1) *Athlete welcome area*
- 2) *Medical assessment area*
- 3) *Technical assessment area*
- 4) *Refreshments area*

GENERAL ROOM SPECIFICATIONS



Size

Rectangle room, minimum $8.5 \times 5.5 \text{m}^2$.
Square room, minimum $7 \times 7 \text{m}^2$.



Light

Bright room



Temp.

22-25 C°



WIFI

Available at all times.

2

Medical assessment area

3

Technical assessment area

1

Athlete welcome area

4

Water/refreshments area



Electricity

Electrical plug in area 1

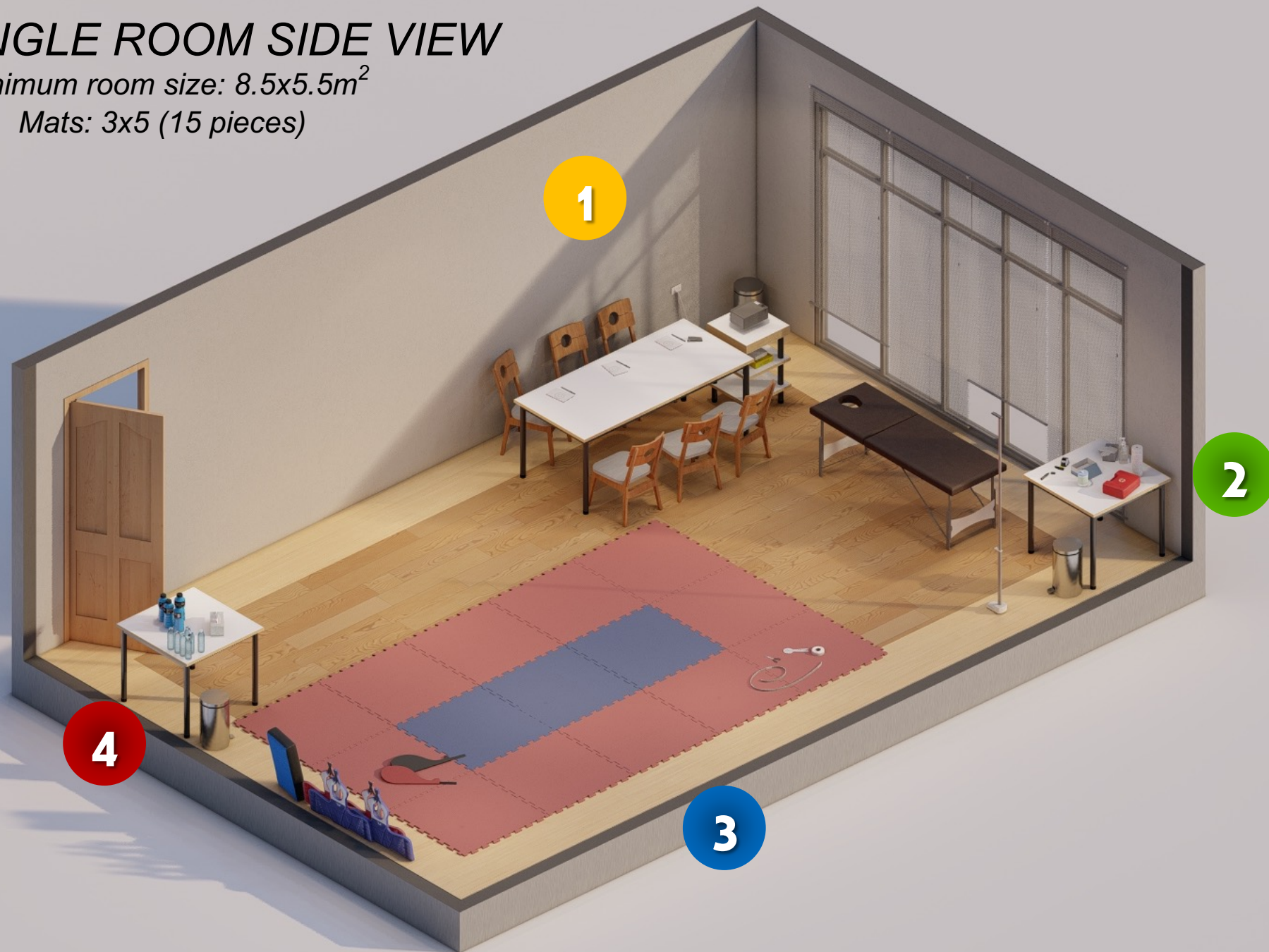
CLASSIFICATION ROOM SECTIONS



RECTANGLE ROOM SIDE VIEW

Minimum room size: 8.5x5.5m²

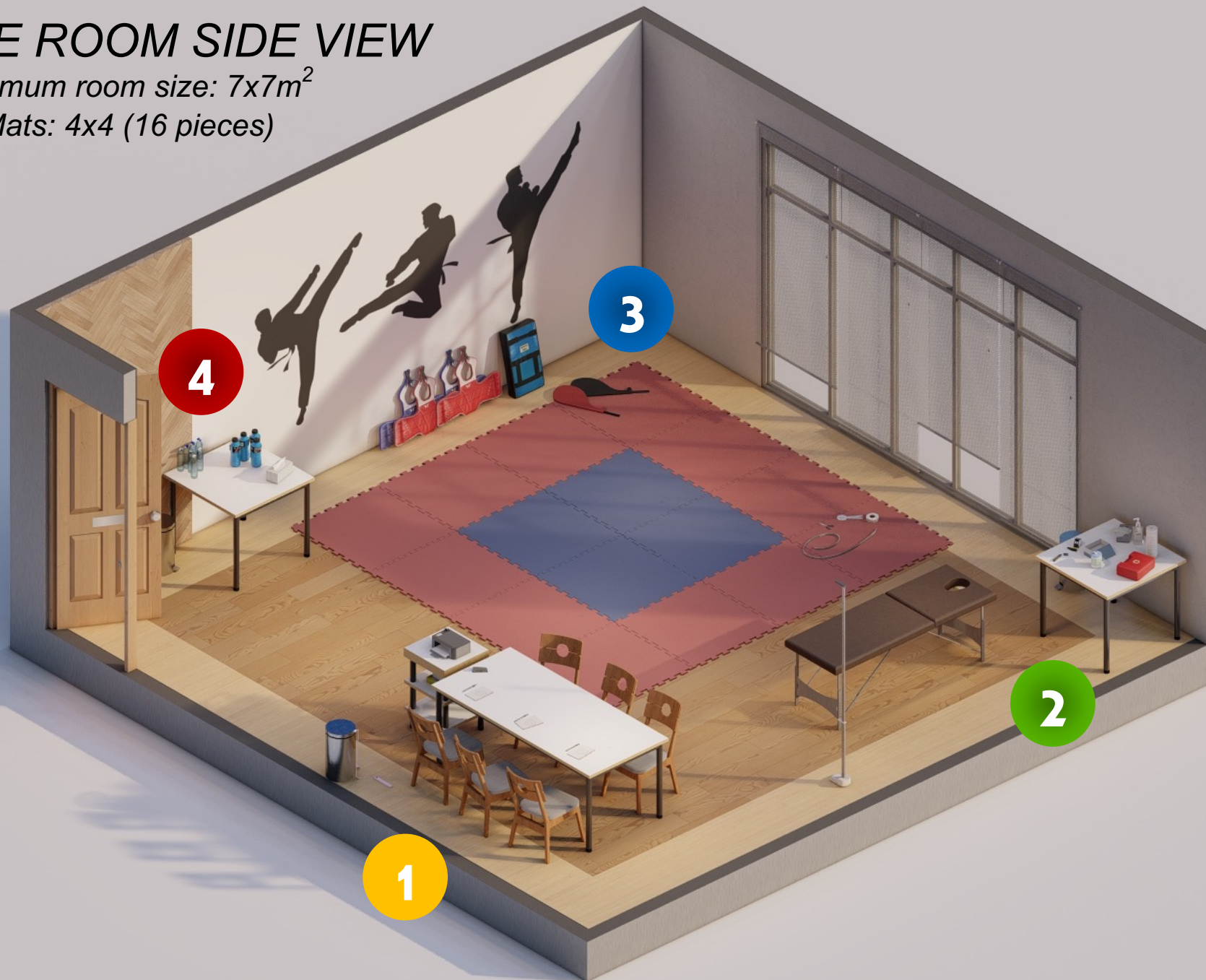
Mats: 3x5 (15 pieces)



SQUARE ROOM SIDE VIEW

Minimum room size: 7x7m²

Mats: 4x4 (16 pieces)



GENERAL OVERVIEW



SEATING PLAN

Medical Classifier Technical Classifier Chief Classifier



Translator
(if needed)

Coach

Athlete

**If only 2 classifiers are present,
the Medical Classifier will also
act as the Chief Classifier.*

**As part of the classification education & training,
classifier trainees may be present in the classification
room during the athlete evaluation session.*

1 ATHLETE WELCOME AREA



- Classifiers introduce themselves.
- Classifiers asks general questions about the athlete's history of impairment, medications and Taekwondo training.

**Athletes must have an official document with a photo for identification purposes (e.g. passport).*



2

MEDICAL ASSESSMENT AREA



- The medical classifier (a certified international classifier with medical background) conducts the assessment.
- It begins by taking the height of the athlete.
- Followed by the assessment of the impaired limb(s), and may include further measurements (if required).
- Athletes with visual or intellectual impairments, may require further specialised tests, depending on their condition.

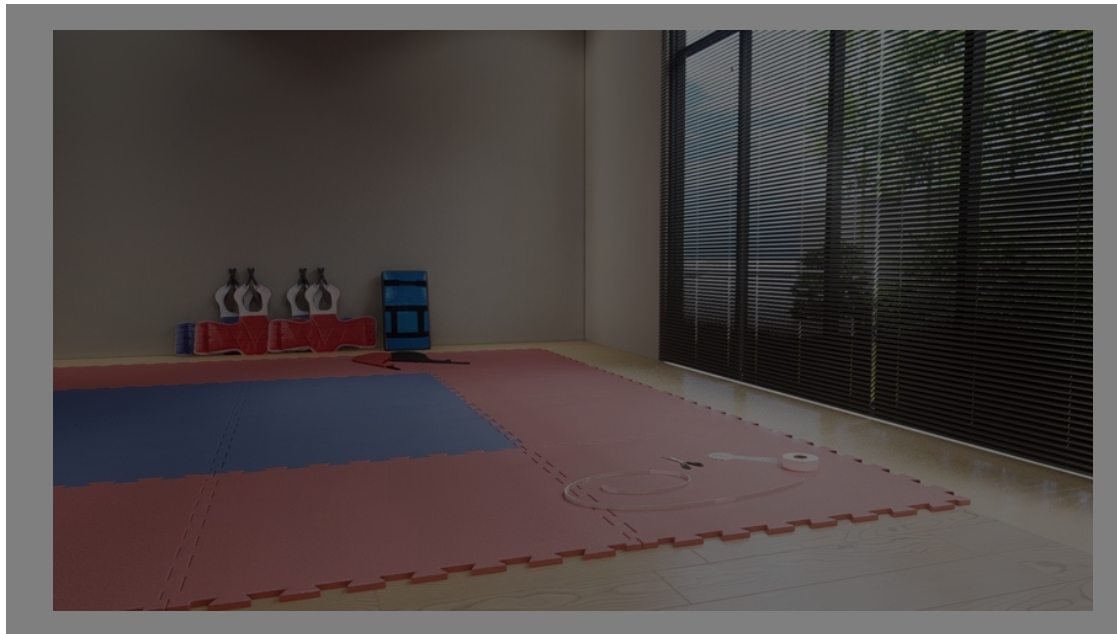
**Athletes using special equipment, devises or slings are required to bring it during the classification evaluation session.*





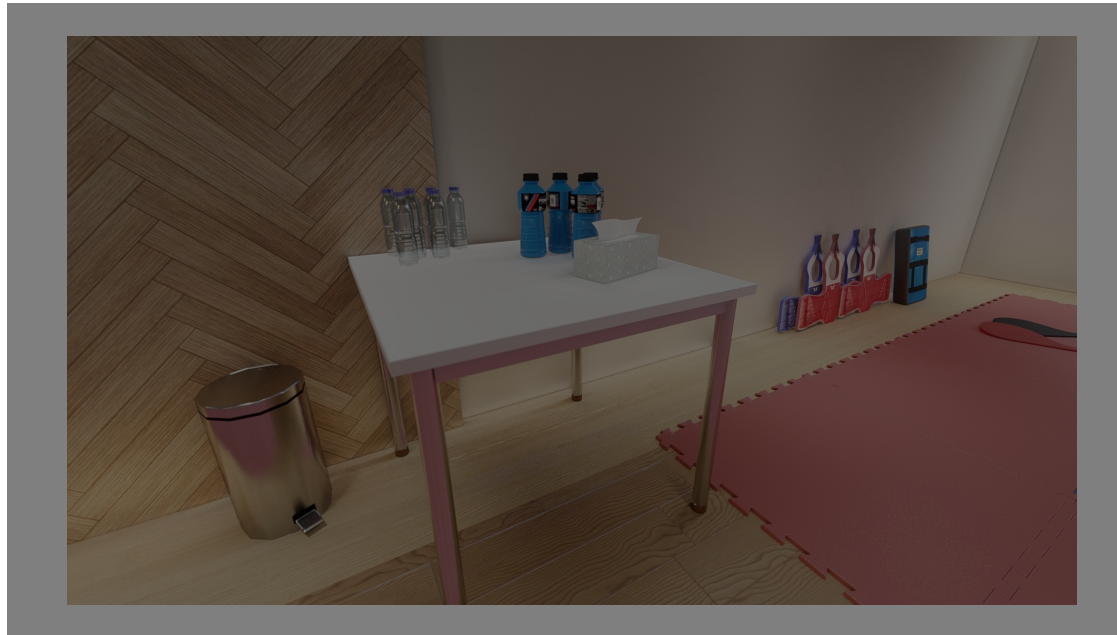
- The Technical classifier (a certified international classifier with Taekwondo background) conducts the assessment.
- It begins by the coach warming up the athlete.
- Followed by certain jumps, kicks and Taekwondo moves, instructed by the Technical classifier.

**Athletes are required to bring their own protective sets as well as their Taekwondo uniform during the evaluation session, as the Technical Classifier may ask the athlete to wear their own protective gear .*





- Feel free to grab water at any time during the classification evaluation session.



For further information, please contact us on:



classification@worldtaekwondo.org

