



GB Taekwondo Para Taekwondo Prospectus





WELCOME TO GB TAEKWONDO

Established in 2002, GB Taekwondo is responsible for the preparation, management and performance of British athletes at the Paralympic & Olympic Games and at World and European Championships.

Based in Manchester, we manage the full time 'World Class Performance Programme' and with the support of UK Sport and National Lottery funding, we have up to 30 athletes living in the city, and training out of the GB Taekwondo National Training Centre in East Manchester.

Taekwondo at the Paralympics



- Taekwondo is one of two new Paralympic sports at Tokyo 2021 (the other is badminton). In fact, a version of the sport for para-athletes is itself relatively new. It was created as recently as 2005, with the first World Championships held in 2009.
- There are two forms:
 - Kyorugi (Sparring) for athletes with upper limb impairments
 - Poomsae (Patterns) for athletes with intellectual & physical impairments.
- Only Kyorugi will debut at the Tokyo Games. Events are divided into four sport classes, K41 to K44, with K41 being for athletes with the greatest degree of impairment.
- Only K44 and K43 will be integrated at Tokyo 2021.
- Men and women will each compete in three weight classes — from -61 kg to +75kg for men, and from -49kg to +58kg for women.

Who are we looking for?

- We are looking for people aged 14-26 years old.
- Both male & female athletes who can operate in one of the below Paralympic weight categories:
- K44 -61kg (Men) K44 -49kg (Women)
- K44 -75kg (Men) K44 -58kg (Women)
- K44 +75kg (Men) K44 +58kg (Women)

(Eligibility for classification detail provided on ppt 6-8)



Who are we looking for?

- A martial arts background in Taekwondo (ITF/TAGB) Kickboxing, Karate, Tang Soo Do, Muay Thai, Thai Boxing etc would be desirable but definitely **not** essential!
- Athletes from other dynamic, explosive and athletic sporting backgrounds will be strongly considered.
- Ability to meet K43/K44 Classification - includes athletes with unilateral arm amputation (or equivalent loss of function), or loss of toes which impact the ability to lift the heel properly.
- If selected as a World Class athlete, athletes will likely need to relocate to Manchester and train as a full-time athlete member of GB Taekwondo or attend holiday/weekend camps in Manchester. (Age dependent)
- *Essential is a strong motivation to 'Fight' and enjoy a combat environment.*



Taekwondo Eligible Impairments

- Impaired muscle power ✓
 - Involuntary movements ✓
 - Muscle tension ✓
 - Limb deficiency ✓
 - Uncoordinated movements ✓
 - Leg length difference ✓
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- Athletes must demonstrate significant impairment from the list above to meet classification within the K43 or K44 category.
 - Classification must be conducted by independent international classifier and is not expected prior to engaging with GB Taekwondo



K44

Unilateral



A

Unilateral amputation, through or above wrist.

Unilateral dysmelia in which the length of the affected or measured from acromion to finger tip is equal in length or shorter than the combined length of the humerus and radius of the unaffected arm.



B

Single leg heel raise < 25° (grade 2).



C

Shoulder abduction ≤ grade 3.

Shoulder flexion ≤ grade 3.

Elbow Flexors and Elbow Extensors ≤ grade 2.



D

Mild hemiplegia or CNS monoplegia.

PNS monoplegia (brachial plexus).

K43

Bilateral, through or below the elbow



A

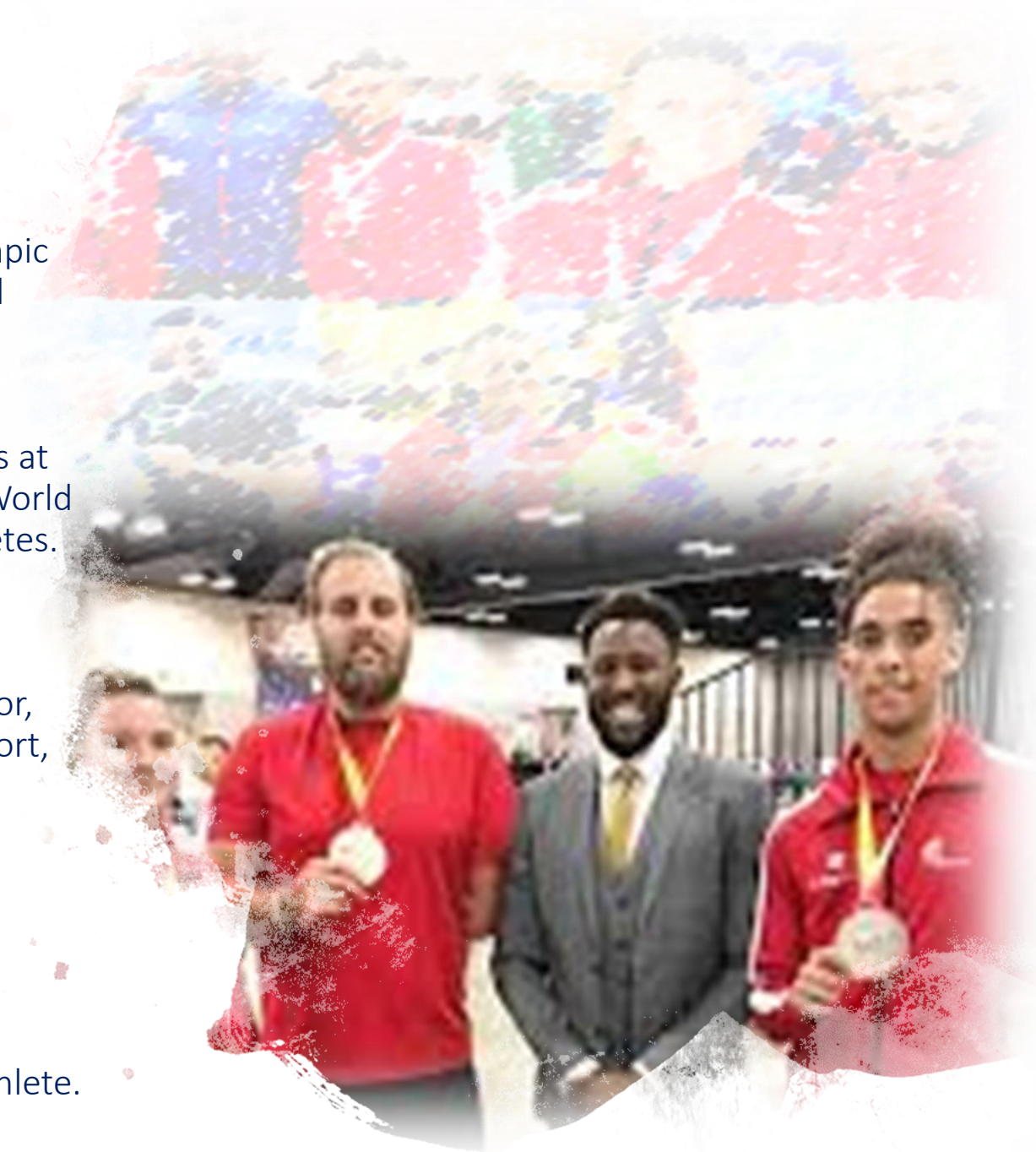
Bilateral amputations through or below the elbow but above or through wrist (no carpal bones present in either wrist).

OR bilateral dysmelia in which the length of each upper limb is $> 1/3$ (0,913 X standing height) but $\leq 0,193$ X standing height).

What we offer ...

World Class Para athletes

- A specific & personalised programme, dedicated to support Paralympic classified athletes to train and compete at National, Continental and World events with the ultimate ambition of qualifying for future Paralympics.
- 3 Fully funded (APA) Podium athlete places with daily training access at National Taekwondo Centre working alongside current Paralympic World Champions as well as European, World and Olympic champion athletes.
- 1 Full-time dedicated coach
- Complete access to a full science and medicine team including doctor, physiotherapists, strength and conditioning coaches, nutrition support, performance lifestyle support and performance analyst.
- Full access to a world leading martial arts facility in the National Taekwondo Centre, Ten Acres Lane Sports Complex, Manchester
- Access to funded, shared accommodation.
- Funding support to access Para competition globally.
- APA funding to support financially the 'cost of living' as a fulltime athlete.



What we offer...

Development Para athletes

- Assistance in accessing Para-Classification assessment.
- For athletes first entering the sport we can offer support connecting with local BT club networks via the National Governing Body, British Taekwondo.
- Access to 'camp based' training support here at the National Taekwondo Centre in Manchester either through existing programmes or through a dedicated para-development programme we hope to establish dependent on athlete numbers.
- Opportunity to graduate to a funded 'World Class Performance Programme'.



<https://vimeo.com/477255623>

Password: paraGBtkd

<https://www.youtube.com/watch?v=lwfKhQXIR0M&feature=youtu.be>



Talent Portal

Submit your expression of
interest to GB Taekwondo

<http://www.gbtaekwondo.co.uk/talent-pathway/expression-of-interest/para/>



Who to contact?

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