

Taekwondo



All athletes in Taekwondo compete standing with full use of their legs. Athletes have varying impairments in their arms ranging from the most impaired (K41) to the least impaired (K44). The same equipment is used in Paralympic and Olympic Taekwondo. The rules differ slightly as there are no head kicks in Paralympic Taekwondo and no points are awarded for punches.

The Sport is governed by World Taekwondo Federation (WTF). WTF acts as the International Federation (IF) for the equivalent Olympic Sport.

Eligibility:

Impaired muscle power		Limb deficiency	
Athetosis		Hypertonia	Ataxia

Classification:

K 41	Athletes competing in this sport class are unable to block their Hogu (trunk protector). K41 athletes have a loss of upper limbs resulting in decreased kicking power due to the impairment's impact on balance and torsion. As the athletes are not able to block, focus is put on foot work and avoidance strategies while trying to score points.
K 42	Athletes competing in this sport class will be able to block one side of their Hogu (trunk protector). You will see these athletes with a shortening or loss of one arm above the elbow. Other athletes may be able to cover only the upper half of the Hogu on both sides due to two shortened arms. All K42 athletes may have a slight reduction in kicking power due to the impairment's impact on balance and torsion. Athletes in this sport class will tend to maneuver so that they lead with their unaffected side towards their opponent while trying to score.
K 43	Athletes competing in this sport class will be able to block most of their Hogu (trunk protector), with limited blocking of the lower parts due to loss or shortening of both arms below the elbow. These athletes will move and kick similarly to Olympic Taekwondo athletes.
K 44	Athletes competing in this sport class will be able to block their entire Hogu (trunk protector). The K44 athletes will have at minimum a loss of one hand through the wrist, or an equivalently shortened arm. This sport class also includes athlete with coordination impairments in one arm. The K44 athletes will move, kick and strategize similarly to Olympics Taekwondo athletes.