



World Para Taekwondo Newsletter

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Upcoming Events



Para Taekwondo Poomsae has experienced great growth since the international stage was opened again in 2023 to Para Taekwondo Poomsae athletes after a break from international competitions due to the Covid19 pandemic.

To date the **2025 European Para Taekwondo Poomsae Championships G4** has seen entries from 65 athletes (41M /24F) from 11 countries with more expected to register in the coming days before the close of registrations on **April 4, 2025**. The competitions will be held April 16-17, 2025.

With many new athletes registering for the event, athlete classification will be held over two days, April 14-15, 2025.

Most registrations are in the P20 sport classes for athletes with an intellectual impairment. The P20 sport classes was also the biggest before the pandemic. However, with WT's application for the LA28 Paralympic Games medal event program to include medal events for P21 and P22 sport classes the interest in these sport classes has grown. World Taekwondo expects more information to come from the International Paralympic Committee regarding the LA28 Paralympic Games medal event program in the coming months.

Prior to the event WT will hold an International Classifier course for the P20 Sport Classes in order to train more classifiers to meet the ever increasing demand for classification in the P20 Sport Classes.

The 2023 World Para Taekwondo Championships saw the introduction of the P50 and P70 sport classes for the first time. At the 2024 World Para Taekwondo Poomsae Championships these sport classes brought several participants showing that there is a demand for these medal events at the international stage.

World Taekwondo is looking to further develop Para Taekwondo Poomsae and include more sport classes and age categories in future events.





The next opportunity to earn World Para Taekwondo Ranking points is the **WT President's Cup Para Taekwondo Asia G3** to be held in Tai'an, China on April 25, 2025.

Tai'an was also the host for the 2024 Qualification Tournament for the Paris 2024 Paralympic Games. The Organizing Committee did a tremendous job of the arrangement and the expectations are that the 2025 WT President's Cup Para Taekwondo Asia G3 will be a very well organized event.

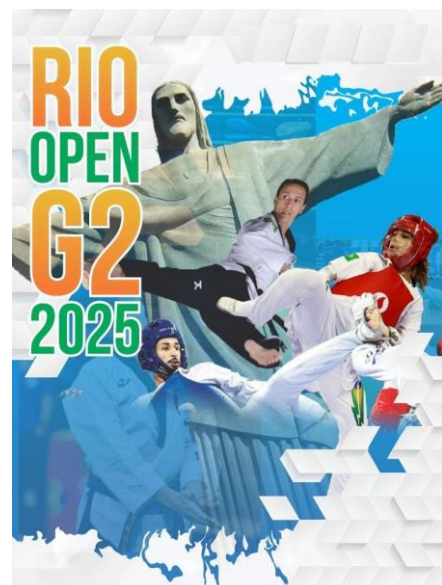
Registrations are open until April 11, 2025 and World Taekwondo expects the event will be well attended by some of the best athletes in Asia and in the World as it is the highest ranking event of 2025 this far.

Don't miss out on this event and register NOW! [LINK](#)

Para Taekwondo will return to Rio de Janeiro, Brazil and the Carioca Arena 1 for the **2025 Rio Open Para Taekwondo G2** to be held on May 28, 2025. The event has been upgraded to a G2 event from previous editions of the tournament.

It is expected that the top players as well as emerging athletes from the Pan Am region will register for this event where they will face fierce competition from overseas opponents.

In connection with the event an International Classifier Course Level 2 will be held on May 24-26, 2025. As a pre-requisite to attend the Level 2 course WT will also hold an online



Classifier Course Level 1 online on May 3-4, 2025. The courses are part of WT's aim to ensure that athlete classification can be made easily available on all continents.

Registrations are open until **May 16, 2025**. Make your entries [HERE](#).

Zakia honored with prestigious award



Para Taekwondo athlete Zakia Khudadadi has won the International Paralympic Committee's (IPC's) prestigious International Women's Day Recognition Award in the Emerging Leader category.

The Award recognises Khudadadi's outstanding achievements in Para Taekwondo including a historic bronze medal at the Paralympic Games Paris 2024, and her demonstrable advocacy for women's right to access sport in Afghanistan.

Khudadadi fled to France shortly before the Paralympic Games in Tokyo following the Taliban's takeover, but she showed tremendous resilience to become the first female athlete from Afghanistan to compete at the Paralympic Games for 16 years.

She used her increased global prominence from Tokyo 2020 to advocate for women's rights in Afghanistan, including the right to access sport.

World Taekwondo was delighted to nominate Khudadadi for the IPC's International Women's Day Recognition Award, and is proud of her leadership in serving as a voice for inclusiveness and a role model for women and girls from around the world.

World Taekwondo remains committed to using Taekwondo as a tool for women's empowerment and is determined to build on its achievements, which include becoming the first sport to have an equal number of male and female referees at an Olympic Games at Rio 2016.

Read the full article [HERE](#).



Para Taekwondo Poomsae

The WT Para Taekwondo Committee met on Thursday March 27, 2025 to discuss the suggested amendments to the World Para Taekwondo Poomsae Competition Rules.

At the end of 2024 an Ad-Hoc Para Taekwondo Poomsae Committee was appointed with the aim to review and propose amendments to the World Para Taekwondo Poomsae Competition Rules. With the rapid growth of Para Taekwondo Poomsae following the restart of Para Taekwondo Poomsae on the international stage at the Veracruz 2023 World Para Taekwondo Championships following the Covid pandemic constant review and updates of the Rules are necessary.



World Taekwondo has applied for the inclusion of Para Taekwondo Poomsae for athletes with an Intellectual Impairment (P21 & P22 sport classes) at the LA28 Paralympic Games. The proposed rule amendments are focused on making Para Taekwondo Poomsae as competitive and exciting as possible. Care is also given to rules that will help the sport integrate with other Taekwondo competitions making it easier to host events such as using the octagon mat for competition in Para Taekwondo Poomsae.

Following the meeting the WT Para Taekwondo Committee will send detailed feedback to the Ad Hoc Poomsae Committee. The aim is to have the amendments passed in October at the WT General Assembly.



World Taekwondo's Leadership Takes Historic Steps by Merging Educational Programs of Taekwondo & Para Taekwondo

World Taekwondo's leadership has recognized that equitability goes beyond simply adding Para Taekwondo as a separate category. Instead, it requires an integrated approach where everyone involved in the sport, officials, coaches, referees, and technical delegates, receives the same comprehensive education of both Taekwondo and Para Taekwondo.

By standardizing these educational courses, WT aims to promote a shared understanding of the rules, techniques, and best practices applicable to both able-bodied and Para Taekwondo events. Earlier this year, Para Taekwondo was an integrated part of the International Poomsae and Kyorugi Referee Courses held in India, as well as the International Referee course held in Belgium from March 11 to 14, 2025. In addition, the Technical Delegates course held in March 13-14 in Belgium was also fully integrated.

These integrated courses mark a significant shift in the sport's structure, demonstrating World Taekwondo's holistic approach to education, and building a larger pool of educated International Officials who can officiate in both Taekwondo and Para Taekwondo events.



Classification



Para Taekwondo Awareness Launches This May!

In a unique initiative, a group of 16 international medical and technical classifiers (8 male & 8 females), from all 5 continents, have been selected based on their creativity and talent to develop sequential awareness material, that would be **launched this May**, on various WT social media channels. Their role is not only important, it is essential, said Dr. Hadwah Moawad.

Through their efforts, we have developed powerful stories of our Para Athletes to raise awareness about Para Taekwondo and promote understanding of the classification system in a clear,

accessible way.

Their educational/awareness material will help to bridge the gap between athletes, officials, and the public, shaping the image and impact of our sport worldwide, said Dr. Moawad.

STAY TUNED EVERYONE !



Awareness programs

Ms. Ashanti Ramirez Montes de Oca, a WT International Classifier and educator, recently conducted a series of impactful talks on Para Taekwondo awareness engaging women, students and police in Mexico.

On February 28, Ashanti visited the University Monter in Morelia, Michoacán, where she addressed 180 students (136 males and 43 females) from the School of Physical Education and Sports Department. The session aimed to educate future professionals on the importance of inclusivity in sports highlighting the opportunities within Para Taekwondo.



In honor of International Women's Day, and in collaboration with CEDEM (Sub-direction of Centers for Schools and Municipal Sports Mexico) - CONADE (Ministry of Sport Mexico), Ashanti engaged with 109 young women at CONALEP Tlalpan 1 (National College of Professional Technical Education), inspiring them to embrace sports as a tool for empowerment and inclusion. Her talk encouraged the next generation of women to break barriers and challenge societal norms through Para Taekwondo.

Following on her partnership with CEDEM-CONADE, Ashanti spoke at the School Safety Directorate (Dirección de Seguridad Escolar, SSC) in Mexico City. This session brought together 51 police, (32 males and 19 females), emphasizing the role of Para Taekwondo in education and community development.

Through this program, WT Para Taekwondo is continuing to raise awareness and educating communities to create a meaningful impact and drive a positive change and increase Para Taekwondo knowledge worldwide.



P20 Research: Evidence-Based Classification of Intellectually Impaired Para Taekwondo Athletes

I am pleased to report the progress of the P20 Research Group, which was established in November 2023, with the purpose of developing an evidence-based sport class profiles for athletes with intellectual impairments in Para Taekwondo Poomsae, said Dr. Hadwah Moawad (Head of Classification Committee).

Evidence-based classification plays a crucial role in maintaining the credibility and integrity of Para sports. By utilising both cognitive and sport specific technical tests data, we can better understand the unique performance of athletes with intellectual impairments and build a reliable classification system.

A team of expertise in the field, headed by Dr. Mohammed Hadi Hadizade and Ms. Tunde Szarka (International Classifier), have been working collaboratively to develop the P20 Sport Class.

Solid millstones have been put forward to finalise the research and publicise the data to refine the classification system of Para Taekwondo athletes with intellectual impairments.



Calendar



2025

- **World Para Taekwondo Classifier P20 Course, Tallinn, Estonia**

April 11-13, 2025

- **2025 European Para Taekwondo Poomsae Championships (G4), Tallinn, Estonia (Europe only)**

April 16-17, 2025

- **WT President's Cup Para Taekwondo Asia (G3), Taian, China**

April 25, 2025

- **World Para Taekwondo Classifier Course Level 1 (Online)**

May 3-4, 2025

- **World Para Taekwondo International Classifier Course Level 2, Rio de Janeiro, Brazil**

May 24-26, 2025

- **2025 Rio Open Para Taekwondo (G2), Rio de Janeiro, Brazil**

May 28, 2024

- **Solidarity Para Taekwondo Open (G1), Montargis, France**

July 4, 2025

- **Solidarity Para Taekwondo Poomsae Open (G1), Montargis, France**

July 4, 2025

- **World Para Taekwondo Open Challenge (G4), Chuncheon, Korea**

July 11, 2025

- **2025 European Youth Para Games (G2), Istanbul, Turkey (Europe only)**

July 25-27, 2025

- **Asia Para Taekwondo Championships (G4), Kuching, Malaysia (Asia only)**

July 30-31, 2025

- **Asia Para Taekwondo Poomsae Championships (G4), Kuching, Malaysia (Asia only)**

July 30-31, 2025

- **WT President's Cup Para Taekwondo Oceania (G3), Gold Coast, Australia**

August 14, 2025

- **Australia Para Taekwondo Poomsae Open (G2), Gold Coast, Australia**

August 15, 2025

- **Australia Para Taekwondo Open (G2), Gold Coast, Australia**

August 16, 2025

- **2025 World Ability Sport Games (G2), Jakarta, Indonesia**

September 15-16, 2025 Kyorugi

September 18, 2025 Poomsae

- **5th Asian Youth Para Games (G2) (Asia only)**

TBC

- **2nd World Para Taekwondo Poomsae Championships (G14), Location TBD**

DATE to be confirmed

- **11th World Para Taekwondo Championships (G14), Location TBD**

DATE to be confirmed



Around the World



Amy Truesdale receive MBE



Para Taekwondo's own Amy Truesdale was awarded an MBE title (Member of the Order of the British Empire) for her services to Taekwondo. This was first announced in the Awards for the New Year 2025. An individual may be appointed an MBE for an outstanding achievement, or service to the community that has had a long-term, significant impact.

On March 25, 2025 in a ceremony at Windsor Castle Amy received the MBE directly from King Charles.

Following the ceremony Amy said:

"I am deeply humbled and immensely grateful for being awarded a MBE. It is an amazing honour for my dedication and a achievements in taekwondo."



Greek Taekwondo signs MoU with National Athletic Federation of Disabled



On March 21, 2025 World Taekwondo Greece signed a Memorandum of Understanding with the National Athletic Federation of Disabled in Chalkida, Greece. The MoU was signed by Christos Manolis, President of World Taekwondo Greece and Konstantinos Siachos, President of the National Athletic Federation of Disabled.

The signing of the MoU took place in connection with the Greek Taekwondo Poomsae Championships that was held with the participation of 350 athletes out of which 50 athletes were Para athletes.

Following the success of the Greek team at the Paris 2024 Paralympic Games where they earned two bronze medals in the Women K44 -65kg and Women K44 +65kg medal events the development of Para Taekwondo is moving forward very quickly in Greece.

Next the Greek Para Taekwondo Poomsae Team will participate in the 2025 European Para Taekwondo Poomsae Championships in Tallinn, Estonia.



Idrissa Keita's journey covered by IPC



Senegal's Idrissa Keita made an impression during the Paris 2024 Paralympic Games. The tall athlete from Senegal came out of nowhere to win the African Qualification for the Paris 2024 Paralympic Games earning him a spot for Paris.

In Paris he showed that he earned his place by beating much more experienced players and going all the way to a bronze medal match that he eventually lost. However, this is not the end of his

journey, just the beginning.

Read more about Idrissa [HERE](#) and [HERE](#) and make sure to watch the [Video](#).

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