

Paralympics Fact File

All About Taekwondo

Fighters score points by performing kicks to the torso of their opponent. The fighter with the most points wins.

About Para Taekwondo

Matches are made up of three two-minute rounds and take place indoors on an octagonal shaped court.

Paralympic taekwondo comes in two forms - Kyorugi for athletes with limb impairments and Poomsae for athletes with intellectual impairments.

Only Kyorugi will take place at Tokyo 2020.

How It Started

Taekwondo began in Korea around 2,000 years ago but the modern day rules of taekwondo were defined in 1955.

Taekwondo is new to the Paralympic programme for Tokyo 2020.

There is one key difference to Olympic taekwondo - kicks to the head are not allowed.

Did You Know...?

At the 2020 Summer Paralympic Games in Tokyo, Beth Munro won the UK's first ever Paralympic Taekwondo medal. She won silver in the -58kg K44 category.



Interesting Facts:

Athletes wear body protectors with a built-in electronics system. This is able to register kicks as a jury watches from the sidelines. The jury decides on the complexity of each move and the exact number of points that can be awarded.

Paralympic Debut:

Tokyo 2020