

# Special Needs @ AAU TKD National Championships

To: All Clubs and Athletes

The AAU is excited to announce that **Special Needs Divisions** will be included, once again, at this year at the AAU TKD National Championships for all individuals with physical or intellectual dis-abilities. Last year marked the AAU TKD National Program's foray into the Special Needs arena and it was a great success. The AAU's desire and anticipation is that these divisions will grow as the exposure does. We need your help in getting the word out to all Special Needs TKD competitors about this opportunity.

This year Special Needs individuals will be competing in Forms/Patterns on **Friday July 4th** and Point Sparring on **Saturday July 5th**.

Once again this year, Special Needs athletes will not have to qualify for the National Championships although many District and Regional Championships have, or will have, special needs divisions this year. We encourage all Special Needs athletes to participate in these local events when available to prepare for the National Championships.

As does everyone competing at the National Championships, the Special Needs athletes will be required to register online.

The following are the categories for the Special Needs divisions in addition to age, belt, weight and gender

## **Forms/Patterns:**

**Level 1:** Competitors perform basic skills such as blocking, striking and kicking techniques with direction from a coach.

**Level 2:** Competitors perform patterns with assistance from or following along with coach.

**Level 3:** Competitors perform patterns on their own.

## **Point Sparring:**

**Level 1:** Competitors have limited mobility of arms and/or legs (do not kick above the waist, do not extend arms fully for hand technique) or have a lower level of cognitive skills.

**Level 2:** Competitors have full mobility of arms and legs (competitor can kick above waist and extend arms fully for hand technique) or have a higher level of cognitive skills.

**Level 3:** Competitors compete from a wheelchair (Sport Wheel Chair required and provided by tournament committee)

Special Needs Division Rules Modifications may be found in the **AAU Taekwondo Handbook on pages 47 & 48**.

Please help make this an awesome experience for some amazing athletes by registering your Special Needs athletes and also by spreading the news about this event.

For questions or more information please contact David Lieder: [David@AllStarMA.com](mailto:David@AllStarMA.com).