

**2025 National AAU Taekwondo Championship
Events & Competition Dates
Salt Palace Convention Center - Salt Lake City, Utah**

Day 1	Traditional Point Sparring Continuous Point Sparring Special Needs Point Sparring Demo Team Competition	Point Sparring & Demo Team	MONDAY, JUNE 30TH
Day 2	WT Sport Poomsae Board Breaking Special Needs Breaking	WT Sport Poomsae & Board Breaking	TUESDAY, JULY 1ST
Day 3	All Forms Competitors (Traditional & Weapons) Black Belt Team Forms Mix Belt & Age Team Forms Special Needs Forms	Traditional Forms	WEDNESDAY, JULY 2ND
Day 4	5-9 Novice & Intermediate (No KPnP) 10 & 11, 12-14, 15-17, 18-32 and 33 & Older Novice (No KPnP) 10 & 11, 12-14, 15-17, 18-32 and 33 & Older Intermediate (KPnP)	Olympic Sparring	THURSDAY, JULY 3RD
Day 5	5-9 Yr. Old - Advanced (No KPnP) 10 & 11 Advanced (KPnP) 12-14 and 15-17 Black Belt (KPnP) 18-32, 33-42 and 43 & Up Advanced (KPnP)	Olympic Sparring	FRIDAY, JULY 4TH
Day 6	5-11 Black Belt (KPnP) 12-14 and 15-17 Advanced (KPnP) 18 & Older Black Belt (KPnP) Para Divisions	Olympic Sparring	SATURDAY, JULY 5TH