

Who is eligible?

Making the AAU Taekwondo team starts with placing in the top eight in any division of competition at the district level. Those placing in the top eight at the district level are invited to participate in that year's AAU Taekwondo National Championships. Those who place 1st thru 4th at the current year's AAU Taekwondo National Championships in the '14-17 year old Black Belt Olympic Style Sparring Divisions', 'Senior Black Belt (18-32) Olympic Style Sparring Divisions' along with current Junior and Senior AAU Taekwondo Team Members (in good standing) will be invited to that years AAU Taekwondo Team Trials.

- 13 year old Black Belts who are seeking an opportunity to make the AAU National Team may compete in the 14 - 17 or 18 - 34 Black Belt Divisions at Nationals.

If a competitor is turning 18 in the next calendar year following the AAU Taekwondo Nationals and they wish to be invited to team trials, they must compete in an adult division at the AAU Taekwondo Nationals. 17 year old current team members who will turn 18 during the upcoming competition season will automatically be moved up to the 18-34 year old Senior Division during Team Trials.

- Current Senior Team Members competing in Team Trials must compete within the weight group for which they are currently members or they may re-qualify for another weight group at the current National Championships.
- Current Junior Team Members wishing to compete as Seniors in the next year's team trials must qualify in that Senior Division at Nationals.

Recognizing the natural growth of Junior Team Members, current members will be allowed to compete at their current weight at the next Team Trials. Current team members must declare the new weight division when making application to participate in team trials. Failure to make the weight on the application will result in disqualification.

AAU Taekwondo Team Trials is generally held in September of each year. If you have qualified through competition or you are the current team member in good standing you will receive an email invitation to compete at Team Trials. AAU Taekwondo Team Trials Competition is conducted according to the 'round robin' format. That means that everyone in each weight class competes against every other athlete in that division. From each division the two competitors with the best record during the preliminary rounds will go on to the finals. In the finals if the competitor with the best record wins,

then that competitor is next year's team member. If the other competitor wins, then another 'rubber' match will follow with the winner of that match being next year's team member. If a team slot is filled in a weight division that has no competition (only one competitor registered) then the AAU Taekwondo Program shall have the option of not accepting that Team Member. Such winner's may be required to 'audition' their proficiency before a panel chosen by the National Sport Chair.

Why be on the AAU Taekwondo National Team

The AAU Taekwondo Program will conduct Team Trials for the purpose of selecting a National AAU Taekwondo Team to represent it in other national and international competition. In years past the AAU Taekwondo National Team has competed in Puerto Rico, Aruba, Germany, Holland, Spain and Costa Rica. In addition to these prestigious International events the AAU Team has the opportunity to work with some of the best Olympic Style Sparring Coaches in the country at special team training session. In 2009 that training was held in Dallas, TX. The 2010 and 2011 training sessions were held in Stafford, VA..

What are the responsibilities of AAU Taekwondo Team Members

Those chosen to represent the AAU Taekwondo Program as current Team Members shall bear additional responsibilities to the AAU Taekwondo Program and these responsibilities shall be outlined and agreed upon by perspective Team Members prior to participation in the Team Trial process.