

**2025 National AAU Taekwondo Championship**  
**Competitor Check-In and Weigh-In Schedule of Events**  
 Salt Palace Convention Center - Salt Lake City, Utah

|                               | <b>EVENTS</b>  |  | <b>CHECK-IN DAY</b> | <b>COMPETITION DAY</b> |
|-------------------------------|--|--|---------------------|------------------------|
| <b>Day 1</b>                  | Traditional Point Sparring   | Point Sparring & Demo Team   | SUNDAY, JUNE 29TH   | MONDAY, JUNE 30TH      |
|                               | Continuous Point Sparring  |  |                     |                        |
|                               | Para (Special Needs) Point Sparring                                  |  |                     |                        |
|                               | Demo Team Competition  |  |                     |                        |
| <b>Day 2</b>                  | WT Sport Poomsae & Freestyle Poomsae                                 | WT Sport Poomsae, Freestyle Poomsae, Sport ITF Forms, Weapons Forms & Board Breaking | MONDAY, JUNE 30TH   | TUESDAY, JULY 1ST      |
|                               | Para (Special Needs) Sport Poomsae                                   |  |                     |                        |
|                               | Sport ITF Forms  |  |                     |                        |
|                               | Board Breaking   |  |                     |                        |
|                               | Weapons Forms  |  |                     |                        |
| Para (Special Needs) Breaking |  |  |                     |                        |
| <b>Day 3</b>                  | All Traditional Forms Competitors                                    | Traditional Forms  | TUESDAY, JULY 1ST   | WEDNESDAY, JULY 2ND    |
|                               | Black Belt Traditional Team Forms                                    |  |                     |                        |
|                               | Mix Belt & Age Traditional Team Forms                                |  |                     |                        |
|                               | Para (Special Needs) Forms   |  |                     |                        |
| <b>Day 4</b>                  | 5-9 Novice & Intermediate (No KPnP)                                  | Olympic Sparring   | WEDNESDAY, JULY 2ND | THURSDAY, JULY 3RD     |
|                               | 10 & 11, 12-14, 15-17, 18-32 and 33 & Older Novice (KPnP)            |  |                     |                        |
|                               | 10 & 11, 12-14, 15-17, 18-32, 33-42, 43-52 & 53+ Intermediate (KPnP) |  |                     |                        |
| <b>Day 5</b>                  | 5-9 Yr. Old - Advanced (No KPnP)                                     | Olympic Sparring   | THURSDAY, JULY 3RD  | FRIDAY, JULY 4TH       |
|                               | 10 & 11 Advanced (KPnP)  |  |                     |                        |
|                               | 12-14 and 15-17 Black Belt (KPnP)                                    |  |                     |                        |
|                               | 18-32, 33-42 , 43-52 & 53+ Advanced (KPnP)                           |  |                     |                        |
| <b>Day 6</b>                  | 5-11 Black Belt (KPnP)   | Olympic Sparring   | FRIDAY, JULY 4TH    | SATURDAY, JULY 5TH     |
|                               | 12-14 and 15-17 Advanced (KPnP)                                      |  |                     |                        |
|                               | 18-32, 33-42 , 43-52 & 53+ Black Belt (KPnP)                         |  |                     |                        |
|                               | Para Divisions   |  |                     |                        |

**\*\*Please consult with our website, [www.aataekwondo.org](http://www.aataekwondo.org), for changes to this schedule.**