

2025 AAU TAEKWONDO NATIONAL CHAMPIONSHIPS

JUNE 29TH - JULY 5TH

**SALT PALACE CONVENTION CENTER
SALT LAKE CITY, UTAH**

**CHECK IN
WEIGH IN DATES &
TIMES**



DATE	EVENTS	TIMES
SUNDAY JUNE 29TH	<ul style="list-style-type: none"> ● TRADITIONAL POINT SPARRING ● CONTINUOUS POINT SPARRING ● PARA POINT SPARRING ● DEMO TEAM COMPETITION 	2PM-5PM
MONDAY JUNE 30TH	<ul style="list-style-type: none"> ● WT SPORT POOMSAE ● FREESTYLE POOMSAE ● PARASPORT POOMSAE ● BOARD BREAKING ● WEAPONS FORMS ● PARA BREAKING 	9 AM-12 NOON & 1 PM-5 PM
TUESDAY JULY 1ST	<ul style="list-style-type: none"> ● ALL TRADITIONAL FORMS (ITF, WT, TSD & OPEN) ● BLACK BELT TRADITIONAL TEAM FORMS ● MIXED BELT & AGE TRADITIONAL TEAM FORMS ● PARA FORMS ● **AWARDS GALA - 7:00 PM (Room 155) 	9 AM-12 NOON & 1 PM-5 PM
OLYMPIC SPARRING EVENTS (SEE BELOW)		
WEDNESDAY JULY 2ND	<ul style="list-style-type: none"> ● KPNP NOT USED: NOVICE & INTERMEDIATE <ul style="list-style-type: none"> ○ AGES: 5, 6-7 AND 8-9 ● KPNP BEING USED: NOVICE <ul style="list-style-type: none"> ○ AGES: 10-11, 12-14, 15-17, 18-32, 33-42, 43-52, 53&UP ● KPNP BEING USED: INTERMEDIATE <ul style="list-style-type: none"> ○ AGES: 10-11, 12-14, 15-17, 18-32, 33-42, 43-52, 53&UP 	9 AM-12 NOON & 1 PM-5 PM
THURSDAY JULY 3RD	<ul style="list-style-type: none"> ● KPNP NOT USED: ADVANCED <ul style="list-style-type: none"> ○ AGES: 5, 6-7 AND 8-9 ● KPNP BEING USED: ADVANCED <ul style="list-style-type: none"> ○ AGES: 10-11, 18-32, 33-42, 43-52 & 53+ ● KPNP BEING USED: BLACK BELT <ul style="list-style-type: none"> ○ AGES: 12-14 & 15-17 	9 AM-12 NOON & 1 PM-5 PM
FRIDAY JULY 4TH	<ul style="list-style-type: none"> ● KPNP BEING USED: BLACK BELT <ul style="list-style-type: none"> ○ AGES: 5, 6-7, 8-9 10-11, 33-42, 43-52 AND 53 & UP ● KPNP BEING USED: ADVANCED <ul style="list-style-type: none"> ○ AGES: 12-14 & 15-17 	9 AM-12 NOON & 1 PM-5 PM

2025 AAU TAEKWONDO NATIONAL CHAMPIONSHIPS		COMPETITION DATES & TIMES	
EVENTS		DATE	TIMES
TRADITIONAL POINT SPARRING CONTINUOUS POINT SPARRING PARA POINT SPARRING DEMO TEAM COMPETITION		MONDAY JUNE 30TH	8AM - END
WT SPORT POOMSAE & FREESTYLE POOMSAE PARA SPORT POOMSAE BOARD BREAKING WEAPONS FORMS PARA BREAKING **AWARDS GALA - 7:00 PM (Room 155)		TUESDAY JULY 1ST	8AM - END
ALL TRADITIONAL FORMS (ITF, WT, TSD & OPEN) BLACK BELT TRADITIONAL TEAM FORMS MIXED BELT & AGE TRADITIONAL TEAM FORMS PARA FORMS		WEDNESDAY JULY 2ND	8AM - END
OLYMPIC SPARRING			
<ul style="list-style-type: none"> ● KPNP NOT USED: NOVICE & INTERMEDIATE <ul style="list-style-type: none"> ○ AGES: 5, 6-7 AND 8-9 ● KPNP BEING USED: NOVICE <ul style="list-style-type: none"> ○ AGES: 10-11, 12-14, 15-17, 18-32, 33-42, 43-52, 53&UP ● KPNP BEING USED: INTERMEDIATE <ul style="list-style-type: none"> ○ AGES: 10-11, 12-14, 15-17, 18-32, 33-42, 43-52, 53&UP 		THURSDAY JULY 3RD	8AM - END
<ul style="list-style-type: none"> ● KPNP NOT USED: ADVANCED <ul style="list-style-type: none"> ○ AGES: 5, 6-7 AND 8-9 ● KPNP BEING USED: ADVANCED <ul style="list-style-type: none"> ○ AGES: 10-11, 18-32, 33-42, 43-52 & 53+ ● KPNP BEING USED: BLACK BELT <ul style="list-style-type: none"> ○ AGES: 12-14 & 15-17 		FRIDAY JULY 4TH	8AM - END
<ul style="list-style-type: none"> ● KPNP BEING USED: BLACK BELT <ul style="list-style-type: none"> ○ AGES: 5, 6-7, 8-9 10-11, 18-32, 33-42, 43-52 AND 53&UP ● KPNP BEING USED: ADVANCED <ul style="list-style-type: none"> ○ AGES: 12-14 & 15-17 		SATURDAY JULY 5TH	8AM - END
<ul style="list-style-type: none"> ● LOCATION FOR CHECK IN/WEIGH IN & COMPETITION: Salt Palace Convention Center - 100 S W Temple St, Salt Lake City, UT 84101 ● NOTE: All competitors must check in/weigh in the day before they are scheduled to compete. 			

