

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, 15-17, 33-42, 43-52 AND 53&UP 	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 COMPETITON

MONDAY
JUNE 30TH

8AM - END

WT SPORT POOMSAE & FREESTYLE POOMSAE
PARA SPORT POOMSAE
BOARD BREAKING
WEAPONS FORMS
PARA BREAKING

TUESDAY
JULY 1ST

8AM - END

****AWARDS GALA - 7:00 PM (Room 155)**

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

- **KPNP NOT USED: NOVICE & INTERMEDIATE**
 - AGES: 5, 6-7 AND 8-9
- **KPNP BEING USED: NOVICE**
 - AGES: 10-11, 12-14, 15-17, 18-32, 33-42, 43-52, 53&UP
- **KPNP BEING USED: INTERMEDIATE**
 - AGES: 10-11, 12-14, 15-17, 18-32, 33-42, 43-52, 53&UP

THURSDAY
JULY 3RD

8AM - END

- **KPNP NOT USED: ADVANCED**
 - AGES: 5, 6-7 AND 8-9
- **KPNP BEING USED: ADVANCED**
 - AGES: 10-11, 18-32, 33-42, 43-52 & 53+
- **KPNP BEING USED: BLACK BELT**
 - AGES: 12-14 & 15-17

FRIDAY
JULY 4TH

8AM - END

- **KPNP BEING USED: BLACK BELT**
 - AGES: 5, 6-7, 8-9 10-11, 18-32, 33-42, 43-52 AND 53&UP
- **KPNP NOT USED: ADVANCED**
 - AGES: 12-14 & 15-17

SATURDAY
JULY 5TH

8AM - END

- **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.

