

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 **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 NOT 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. 		