

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
<p>SUNDAY JUNE 29TH</p>	<ul style="list-style-type: none"> ● TRADITIONAL POINT SPARRING ● CONTINUOUS POINT SPARRING ● PARA POINT SPARRING ● DEMO TEAM COMPETITION 	<p>2PM-5PM</p>
<p>MONDAY JUNE 30TH</p>	<ul style="list-style-type: none"> ● WT SPORT POOMSAE ● FREESTYLE POOMSAE ● PARASPORT POOMSAE ● BOARD BREAKING ● WEAPONS FORMS ● PARA BREAKING 	<p>9 AM-12 NOON & 1 PM-5 PM</p>
<p>TUESDAY JULY 1ST</p>	<ul style="list-style-type: none"> ● ALL TRADITIONAL FORMS (ITF, WTF, TSD & OPEN) ● BLACK BELT TRADITIONAL TEAM FORMS ● MIXED BELT & AGE TRADITIONAL TEAM FORMS ● PARA FORMS ● **AWARDS GALA - 7:00 PM (Room 155) 	<p>9 AM-12 NOON & 1 PM-5 PM</p>
<p>OLYMPIC SPARRING EVENTS (SEE BELOW)</p>		
<p>WEDNESDAY JULY 2ND</p>	<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 & INTERMEDIATE <ul style="list-style-type: none"> ○ AGES: 10-11, 18-32, 33-42, 43-52, 53&UP ● KPNP BEING USED: BLACK BELT <ul style="list-style-type: none"> ○ AGES: 18-32 	<p>9 AM-12 NOON & 1 PM-5 PM</p>
<p>THURSDAY JULY 3RD</p>	<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: NOVICE & INTERMEDIATE <ul style="list-style-type: none"> ○ AGES: 12-14, 15-17 ● KPNP BEING USED: ADVANCED <ul style="list-style-type: none"> ○ AGES: 10-11, 12-14, 15-17, 18-32, 33-42, 43-52 AND 53&UP ● KPNP BEING USED: BLACK BELT <ul style="list-style-type: none"> ○ AGES: 12-14 	<p>9 AM-12 NOON & 1 PM-5 PM</p>
<p>FRIDAY JULY 4TH</p>	<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 ● ALL PARA (ALL RANKS) 	<p>9 AM-12 NOON & 1 PM-5 PM</p>

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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, WTF, 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 & INTERMEDIATE <ul style="list-style-type: none"> ○ AGES: 10-11, 18-32, 33-42, 43-52, 53&UP ● KPNP BEING USED: BLACK BELT <ul style="list-style-type: none"> ○ AGES: 18-32 	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: NOVICE & INTERMEDIATE <ul style="list-style-type: none"> ○ AGES: 12-14, 15-17 ● KPNP BEING USED: ADVANCED <ul style="list-style-type: none"> ○ AGES: 10-11, 12-14, 15-17, 18-32, 33-42, 43-52 AND 53&UP ● KPNP BEING USED: BLACK BELT <ul style="list-style-type: none"> ○ AGES: 12-14 	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, 15-17, 33-42, 43-52 AND 53&UP ● ALL PARA (ALL RANKS) 	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. 		