



AAU TAEKWONDO

PROGRAM OVERVIEW



#WeAreAAU

www.aautaekwondo.org

The Amateur Athletic Union (AAU) has raised champions for more than a century. The AAU Sports programs provide athletes the opportunities to develop to their highest level of competition through a network of Local, National and International Sporting events.

Through participation in AAU, we promote good sportsmanship that allows the athlete to achieve their dreams as athletes and as valued citizens of our community. Sports for all, forever.

BENEFITS OF COMPETING IN AAU EVENTS

- 1. Insurance.** AAU members receive coverage from a multi-million dollar insurance program.
- 2. National Championships.** AAU members have an opportunity to compete in national championship events at world-class facilities across the country.
- 3. Safety.** All non-athletes (coaches) must pass a background screening before competing in AAU events.
- 4. Membership.** Nationally recognized non-profit Multi-Sport organization that anyone can join and compete.
- 5. Events.** Freedom and flexibility in conducting programs and hosting events.

AGE DIVISIONS

The AAU Taekwondo program provides an avenue of competition for many ages as well as both genders. For more specific details on competition levels please visit www.aautaekwondo.org and review the AAU Taekwondo Handbook.

Age Divisions: Youth = 5 to 17 | Senior = 32 to 18 to | Executive = 33 and up

Belt Color Divisions: Novice (White, Yellow, Orange), Intermediate (Green, Blue, Purple), Advanced (Red, Brown Only), Black Belt (Pom Belts - 1st Dan and Up)

2025 NATIONAL EVENTS



AAU Taekwondo National Championship

June 29th – July 4th
Salt Lake Convention Center
Salt Lake City, Utah



AAU Junior Olympic Games & Team Trials

Location & Date: More Information Coming Soon
Houston, Texas



SPORT CONTACTS

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