

Taekwondo

Taekwondo is a martial art that involves a variety of kicks and it is making its Paralympic debut at the Tokyo 2020 Games. In Paralympic taekwondo, athletes with an upper limb impairment such as an amputation and dysfunction take part in Gyeonggi (sparring) events. The athletes stand close to each other face-to-face and fight with a variety of dynamic kicks.

Rules:

The basic rules are the same as for Olympic taekwondo

Contestants wear a head protector, electronic trunk protector, etc. and fight over 3 rounds of 2 minutes (with 1-minute intervals) using foot techniques such as a dropping heel kick and reverse roundhouse kick. Contestants are awarded 2 points for a kick to the trunk, 3 points for a kick involving a 180-degree turn and 4 points for a 360-degree spinning kick.

A rule specific to Paralympic taekwondo is that only kicks to the trunk count as valid attacks. Any kick to the head is a foul. If an athlete loses a point due to a foul, the opponent is awarded 1 point. The winner is declared based on a total of points and deductions, or it can be decided with a KO just as in boxing.

Classification:

Athletes with an upper limb impairment are eligible for the Tokyo 2020 Paralympic Games, where two classes are integrated and compete in different weight categories.

Column:

Watch out for the exciting progress in the game!

Although there are certain rules unique to Paralympic taekwondo, it is performed on the same field of play and with the same length of contest as Olympic taekwondo. Athletes also wear the same safety equipment, such as a head protector, electronic trunk protector, mouth piece and gloves. You can expect exciting games just like Olympic taekwondo.

With the largest number of contestants, Russia is known as a Taekwondo powerhouse. Meanwhile, various other countries and regions are also seeing a rise in prominent athletes.

Trivia:

If an electronic trunk protector fails to judge the complexity of a kick, points are scored by a review jury outside the court using manual scoring devices.

Venue:

At the Tokyo 2020 Paralympic Games, taekwondo will be held at Makuhari Messe Hall B.