

Taekwondo Athlete Progression in Australia



Categorisation

Uncategorised

Emerging

Developing

Podium Yotential

Podium Ready

Podium

Performance Indicators • Participation at State and National Championships

• Top-8 at Cadet/Junior World Championships

Multiple Top-8's at Junior/Senior Continental Open events (excl. Oceania)

- Medalist at State & National Championships
- Physical, technical competencies and performance behaviors (tested at National Campionships)

 Medalist at Junior World Championships

- Medals at highquality G1/G2 events
- Top-16 at Grand Prix events

 Top-8 at Grand Prix events

- Top-16 at World Championships (minimum of two fights)
- # of wins against Top-10 WRL ranked athletes

• Top-8 at
Olympics /
Paralympics or
World
Championships
• M

Top-8 on the WT
• Senior Olympic
Ranking

- Medalist at Olympic / Paralympic Games
- Medalist at World Championships
- Medalist at Grand Prix Final

Programs & Activity

Delivered by

AT Foundation Level Programs

- Club training and competition
- State competition
- State Development Programs

Performance Pathway Program

Fighting Futures Squads

Invitation through performance at training and competition at a state and national level.

- NSW / VIC / OLD:
 - State-based weekly training sessions
 - Technical coaching
 - Strength and conditioning
 - Squad-based performance support provision
- ACT / SA / WA:
 - State-based camp activity
 - Technical coaching
 - Performance support education

National Futures Squad

- State-based weekly training sessions
- National Training Camps
- International Training, Camp and Competition support

Competition Environment:

- Cadet/Junior World Championships
- High-quality WT Ranked G1/G2 events
- Junior/Senior Continental Open events
- State and National Competitions

National Performance Program

- National and International Training, Camp and Competition support
- National Performance Centre (Melbourne):
 - Daily performance environment
 - Technical coaching
 - Strength and conditioning training
 - Sports medicine, psychology, nutrition, performance analysis, athlete wellbeing and engagement services

Competition Environment:

- Olympic and Paralympic Games
- World Championships
- Grand Prix events
- High-quality WT Ranked G1/G2 events



