

# Taekwondo Athlete Progression in Australia



Categorisation

**Uncategorised** 

**Emerging** 

Developing

Podium Potential Podium Ready

**Podium** 

- Performance Indicators

   Participation at State & 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 Camps)
- 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
- Top 8 on the WT Senior Olympic Ranking
- Medalist at Olympic/ Paralympic Games
- Medalist at World Championships
- Medalist at Grand Prix Final

Programs & Activity

# 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/QLD:
  - State-based weekly training sessions
  - Technical coaching
  - o 5&C
  - 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 & Competition support

#### Competition Environment:

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

## **National Performance Program**

- National & International Training, Camp & Competition support
- National Performance Centre (Melbourne):
  - Daily Performance Environment
  - Technical coaching
  - S&C training
  - Sports medicine, psychology, nutrition, performance analysis, athlete wellbeing & engagement services

#### Competition Environment:

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

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