



GIVE PARA TAEKWONDO A GO!

Para Taekwondo caters for persons of all impairments to provide a fun, safe environment for the whole family. Being active, Para Taekwondo members receive the benefits of gaining self confidence, increasing fitness and improving their mental health and wellbeing.

Opportunity to compete can be found locally and internationally at Continental level, World Championships and even the Paralympic Games.

COMMON IMPAIRMENTS:

- DEAF
- LIMB DEFICIENCY
- IMPAIRED RANGE OF MOTION
- IMPAIRED MUSCLE POWER

- INTELLECTUALLY IMPAIRED
- NEUROLOGICALLY IMPAIRED
- CEREBRAL PALSY
- VISUALLY IMPAIRED



LIMB DEFICIENCY

IMPAIRED RANGE OF MOVEMENT

INTELLECTUALLY IMPAIRED

NEUROLOGICALLY IMPAIRED



Australian Taekwondo

For a great way to meet friends, have fun and get the most out of life!
For more information email: para-tkd@austkd.com.au