



# ATHLETE PATHWAY

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[WWW.NEWZEALANDTAEKWONDO.CO.NZ](http://WWW.NEWZEALANDTAEKWONDO.CO.NZ)

# OUR ATHLETES

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Taekwondo New Zealand (TNZ) recognizes the need for our athletes to be given every opportunity to succeed and this begins at the grassroots level.

Our member organisations are diverse and varied and as part of TNZ they are involved in an inclusive and encouraging environment based on best practices to see their members flourish in the competitive space.

We have built a pathway based on respected and valued principles throughout our industry from instructors and coaches within New Zealand.





# **THE ROAD TO COMPETITION**

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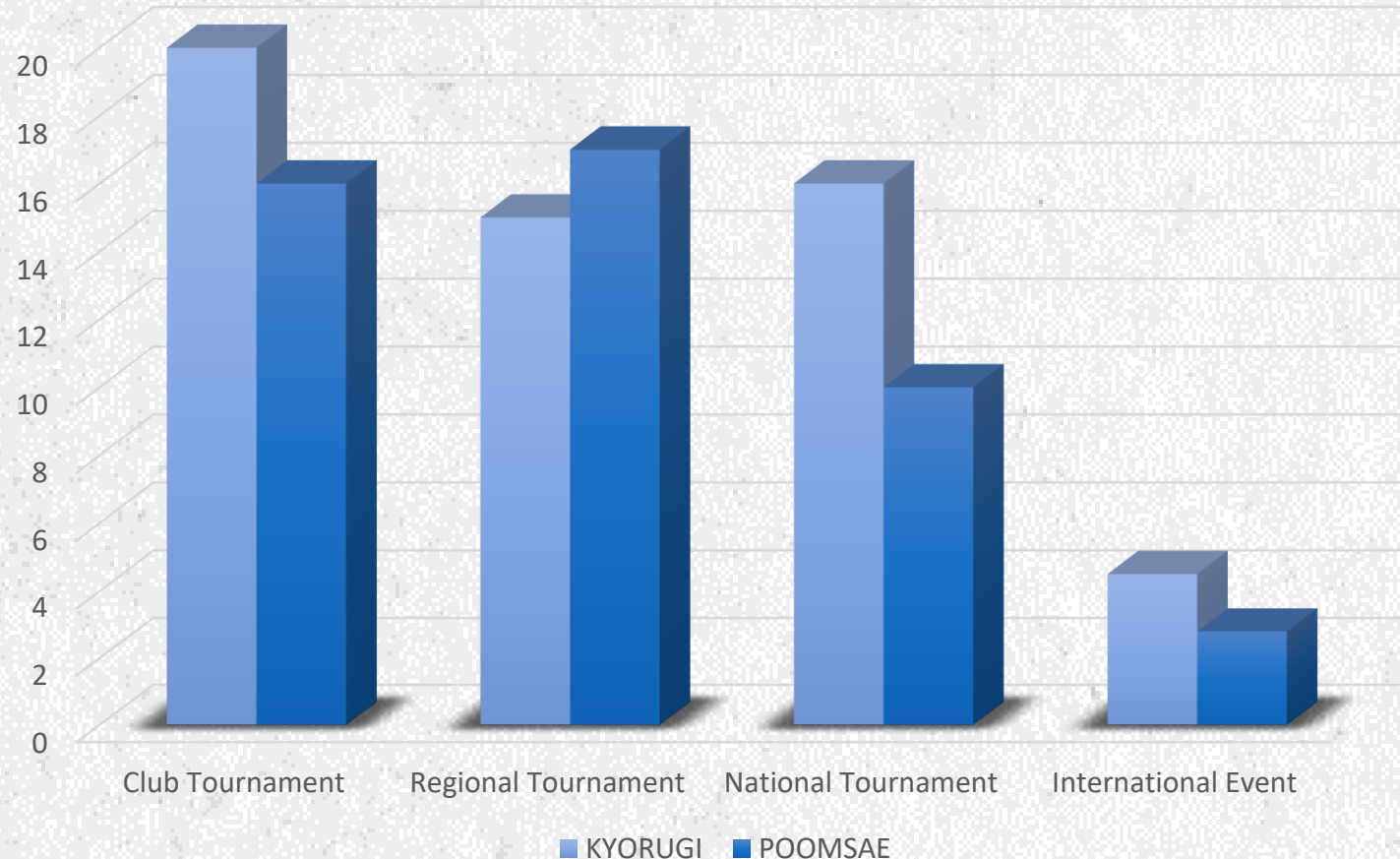
# WHERE IT BEGINS

Our athletes have the opportunity to enter the competitive aspect of Taekwondo through club, regional, national and finally international events held throughout a calendar year. The graph displays the average number of events in the various categories an athlete may attend throughout their Taekwondo career.

Both Kyorugi (sparring) and Poomsae (patterns) streams are offered to competitors and provide various age grouping divisions from cadets (12yr – 14yr), junior (15yr – 17yr) and adult (18+).

The international competition category is open to all competitors unless the competition is a representative event for country selection ie. The New Zealand Taekwondo Team.

## COMPETITION CATEGORIES





# HOW OUR ATHLETES PROGRESS

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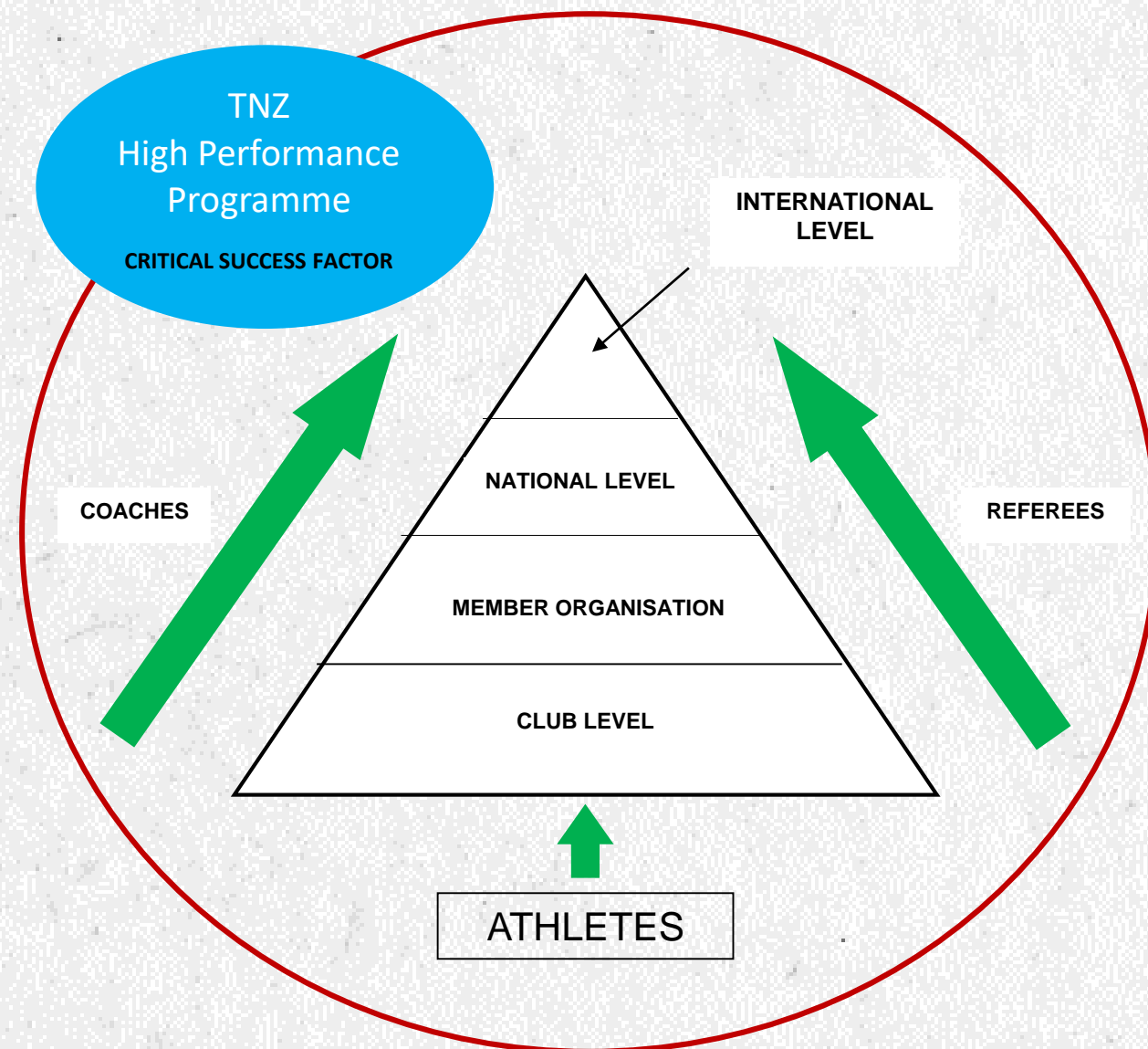
# WHAT YOU SEE, YOU CAN BE

The Taekwondo New Zealand development pathway is a journey that athletes at all levels can take toward success. Our High Performance Programme envelops and identifies talent from grassroots through to elite via an internal network of instructors and coaches linked at member organizational level.

The 'what you see, you can be' mentality is about providing all athletes with a visual representation of their own pathway progress – a look into the past at what previous athletes have done and what they could possibly one day achieve in the future.

Our pathway is their road to Taekwondo success!

## TNZ DEVELOPMENT PATHWAY



# THE HISTORY OF OUR STREAMS

## KYORUGI

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It is without question the most sought after prize to be an Olympian and we have had our fair share over the years. Taekwondo New Zealand is committed to helping the success of our athletes to achieve their goals and we pride ourselves in providing an inclusive environment that can allow for any athlete to strive for the loftiest of heights.

The numerous athletes that have graced the world stage have continued to fuel the dreams of our youth. It is our responsibility to put in place mechanisms to support our athletes and their families so that they to may one day represent our country under Taekwondo New Zealand.

## POOMSAE

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The Poomsae stream is traditionally the fundamental backbone of our martial art. Although the international stage is an extremely difficult one to navigate, we have been proudly represented on a few rare occasions. The athletes that have graced the international stage are not only talented but extremely courageous in the face of adversity.

It is our role as Taekwondo New Zealand to provide the necessary resources that will enable our athletes the ability to compete with the best athletes in the world. This will take commitment and dedication not only for the athletes but also for Taekwondo New Zealand.

## PARA

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Para Taekwondo has always been an important part of our Taekwondo pathway athletes with disabilities and is also an significant focus internationally for World Taekwondo.

Our journey into Para Taekwondo began with the success of Jason Whitcombe at the 4<sup>th</sup> World Para World Championships in 2013, held in Lausanne, Switzerland. Jason secured a Bronze medal for New Zealand and has led the way for other Para athletes in New Zealand to follow.

Taekwondo New Zealand is committed to continuing to provide a pathway for all of its Para Taekwondo athletes.

# OUR OLYMPIANS







# OUR ATHLETES, OUR FUTURE

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The Taekwondo New Zealand (TNZ) High Performance Programme (HPP) consists of 3-4 training camps held throughout the year at the Massey University Sport and Rugby Institute in Palmerston North. The all inclusive facility allows for athletes and coaches to come together in a secure environment to harness their skills both on and off the competition mats. The camps are an integral part of the TNZ HPP and serve not only as development opportunities for the programme but also as selections for international representative teams.



# THANK YOU

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✉ [secretary@newzealandtaekwondo.co.nz](mailto:secretary@newzealandtaekwondo.co.nz)

