

UNITED STATES TAEKWON-DO FEDERATION POLICY TRANSGENDER STUDENTS

The United States Taekwon-Do Federation (USTF) is committed to providing an environment that promotes inclusion and a culture of respect, caring, and belonging for transgender students. All USTF students and instructors are responsible for helping to ensure that we promote inclusiveness. Any student who believes they have experienced or witnessed harassment directed towards transgender students should report the alleged act as soon as possible to the instructor, or if necessary, to USTF Headquarters.

Introduction and Purpose

This document is a resource for students and instructors to understand key topics related to transgender students. While much of this document is designed to support newly transitioning students, many of the points are applicable to supporting transgender students regardless of their transition status.

This document serves to educate, inform, and prevent misunderstandings about transgender students. The USTF wishes to create an inclusive Taekwon-Do environment, but some students may find it difficult to know how to support their transgender fellow students. Transgender students, like all students shall not be subjected to harassment, as defined in the USTF Harassment Policy, located at [USTF Harassment Policy | \(ustf-itf.com\)](https://ustf-itf.com).

Key Information

- Gender identity: A person's internal sense of self and how they fit into the world, from the perspective of sex.
- Sex: Historically has referred to the sex assigned at birth.
- Transgender: A person whose sex identity differs from the sex that was assigned at birth.
- Transgender man: Someone with a male sex identity and a female birth assigned sex.
- Transgender woman: Someone with a female sex identity and a male birth assigned sex.

Supporting Transgender Students

The process a transgender person undergoes to transform their gender identity, whether solely internally or within the context of a community, is known as transitioning. A person transitioning may change their name, external appearance, and clothing. Not all transgender persons transition in the same manner and it is up to the person transitioning to determine what their needs are. Each person is unique, and everyone's transition plan is different and specific to meet their individual needs. All USTF students have a right to a safe, supportive, Taekwon-Do experience. As a colleague, or instructor of a transgender student, you can be supportive by listening to their needs, if they choose to share, and by respecting their gender identity and expression.

Addressing Transgender Students

All students have the right to be addressed by the name that correspond to their gender identity. Once a student has communicated their name to you, you are expected to use that name when referring to them. If you are having trouble making the change, try practicing. Putting in time on your own to familiarize with

someone's name may seem small but doing so may have a big impact. You have an opportunity to make your fellow students feel safe, understood, and respected.

Instructors should have a conversation with their transgender students to determine how they wish to be addressed. Options include:

- Sir/Mr.
- Ma'am/Ms./Mrs.

Gup and Dan Testing

The testing of transgender students shall not deviate from the requirements specified in Article XII – Gup Testing, and Article XIII – Dan Testing, Policy and Procedure Manual.

Appearance and Attire

When working out on the floor, or attending sanctioned USTF events, including virtual events, a transgender student's dress shall conform to the requirements of Article XIV – Uniform Requirements, USTF Policy and Procedures Manual.

Restrooms and Locker Room Facilities

The USTF will work with students and instructors to identify and implement good-faith and common-sense solutions to issues, including reasonable accommodations as they relate to gender identity and the use of restrooms and locker rooms. Generally, students have the right to use restrooms, locker rooms, and facilities that align with their gender identity, or that they feel most comfortable using. However, under circumstances where restroom and locker room facilities are limited, (e.g., tournaments, seminars, etc.) all students are encouraged to wear their do-boks to eliminate congestion and save time. Alternatively, under limited restroom or locker-room circumstances, and for the comfort and safety of all relevant parties, transgender students shall use the restroom of their sex assigned at birth where single-stall or all- gender facilities are unavailable.

Tournament Sparring and Breaking Competition

Transgender students may compete in sparring and/or breaking competition based upon their sex assigned at birth. For the sake of clarify, transgender women shall compete in sparring and/or breaking against male students, and transgender men shall compete in sparring and/or breaking against female students.

Revisions/Updates

This Policy may be revised or updated by the USTF from time to time, and as necessary.