

DOES TAEKWONDO HAVE BENEFITS?

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WHAT WILL KIDS LEARN FROM JOINING TAEKWONDO?

March 20, 2014

YOUR ANGER COULD BE YOUR WORST ENEMY. ANGER CAN RUIN FRIENDSHIPS AND RELATIONSHIPS BETWEEN THE PARENTS AND THE CHILD. IF YOU ARE ANGRY, MOST OF TIME WHEN YOU ARE ANGRY, YOU GO TALK TO YOUR FRIENDS, SOMETIMES IT SOUNDS LIKE YOU ARE BLAMING THEM AND NOT JUST ASKING FOR HELP. BUT WHEN YOU TALK TO YOUR FRIENDS ABOUT IT AND THEY ARE THE FIRST PERSON THAT YOU TALK TO THEM ABOUT YOUR ISSUE, THEN IT WILL TURN OUT THE WAY THAT YOU DON'T WANT IT TO. ANGER IS THE ONE MAIN WHAY THAT FRIENDSHIPS AND RELATIONSHIPS ARE RUINED. DON'T YOU WANT A GOOD RELATIONSHIP WITH YOUR FRIENDS AND FAMILY? WELL TAEKWONDO CAN HELP YOU OUT WITH THAT. IT WILL HELP YOU MANAGE YOUR ANGER AND MANAGE OTHER THINGS THAT YOU MIGHT HAVE TROUBLE WITH. TAEKWONDO USES MANY DIFFERENT THINGS TO HELP YOU WITH YOUR TIME AND ANGER MANAGEMENT. TAEKWONDO CAN HELP CHANGE YOUR LIFE. TAEKWONDO USES



STRIKES AND KICKS TO FORM AN ART OF MANAGEMENT FOR YOUR ANGER OR OTHER MANAGEMENT. IT AUTOMATICALLY SOLVES PROBLEMS. AS TIME PASSES, YOUR ANGER WILL SLOWLY DECREASE AND WILL LEARN HOW TO MANAGE YOUR TIME. YOU WILL SEE PROGRESS MONTHLY AND OVER TIME, IT WILL HELP YOU ALOT.



On the right, there is the five tenets of Taekwondo. Courtesy, Integrity, Perseverance, Self-Control, Indomitable spirit. Those are the five important tenets of Taekwondo.



Taekwondo belts are exciting to receive. They are a privilege, not just something that is handed to you.



Breaking boards is one of the things that kids will learn how to do in Taekwondo.



Sparring is physical form of Taekwondo.

Is responsibility important?

Yes, responsibility is important when it comes to Taekwondo. If you want to become your next belt, then you do need to remember on your own to have your mom or dad fill out your form, remember the testing date, the testing time and many other things. Taekwondo is not the easiest sport if you aren't very responsible but if you are responsible or want to become responsible, Taekwondo can definitely help you become responsible. If you don't remember that you have to go to Taekwondo practice for instance, then you weren't responsible enough to remember then you won't be able to move on to the next belt, and no matter how much you are upset about it, you will have to wait til the next opportunity to get to the next level.



On the right is all the symbols for Taekwondo.

TAEKWONDO KICKS AND STRIKES



On the right, there is a man doing a side kick. This kick is learned towards the higher end of the belts and is difficult to learn but can be mastered with perseverance.



On the right, there is a little boy doing a double fist. It is learned in the beginning and is incorporated on the

What do I learn from Taekwondo?

AS PART OF SIGNING UP FOR TAEKWONDO, YOU WILL HAVE TO LEARN MANY BASIC STPES BEFORE YOU PUT THEM ALL TOGETHER TO CREATE COOL KICKS LIKE 520 KICK, 740 KICK, TRIPLE AERO KICK, TORNADO KICK AND BUTTERFLY KICK. THERE ARE FOUR MAIN THINGS THAT MAKE UP ALL THESE COOL KICKS, STANCES, BLOCKS, PUNCHES AND KICKS. SOME OF THE STANCES ARE BACK STANCE, WALKING STANCE, ATTENTION STANCE, AND FIGHTING STANCE. THEY ARE NOT JUST A WAY FOR PEOPLE TO JUST STAND AROUND IN. THEY ARE FIGHTING POSITIONS THAT NEEDS TO BE LEARNED AND PRACTICED ALOT. IF THEY ARE NOT PRACTICED CORRECTLY, THEN THERE CAN BE SOME MINOR INJURIES. TECHNIQUES DONT JUST

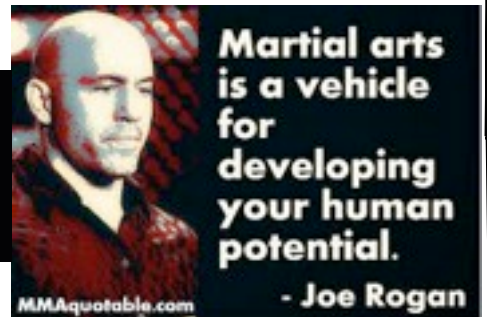
QUOTES FROM MARTIAL ARTIST



“Even today, I dare not to say that I have reached the state of achievement. I’m still learning from the boundless.” – Bruce Lee



“With every great risk, there’s a great reward.” – Jon Jones



“Martial Arts is a vehicle for developing your human potential” – Joe Rogan

Fun Fact:

- Taekwondo is also used by the South Korean military as part of its training
- Taekwondo ranks are typically separated into Junior, Senior, Student and instruction section
- On April 9, 1976 the International Military Sports Council entered Taekwondo as an event of the Olympic Games
- In Taekwondo Korean commands are used
- Taekwondo is one of the most modern of the Asian Self defense
- Martial Artist are at a risk for injuries, but most are at not.
- Today, over 70 million people in 188 countries practice Taekwondo. 4 million of them are black belts
- In the olympics, sparring is allowed along with self defense
- Taekwondo originated about 2,000 years ago
- Taekwondo is both Martial Arts also a combat sport
- Taekwondo students wear uniforms. (AKA Dooboks)

POP OUT OF NOWHERE. THEY ARE ALL LEARNED FROM THE BASICS. THEY ALSO NEED TO LET YOUR BODY USE THE RIGHT MUSCLE AND ALSO TO MAINTAIN A GOOD BALANCE. IN MANY CONTACT SPORTS, INCLUDING MARTIAL ARTS, PLAYERS HAVE TO LEARN HOW TO DEFEND THEMSELVES FROM KICKS AND DEFEND THEMSELVES FROM MANY OTHER THINGS TOO. BLOCKS ARE VERY IMPORTANT IN TAEKWONDO. SOME OF THE BLOCKS ARE HIGH BLOCK, LOW BLOCK, BACK FIST AND KNIFE HAND. BLOCKS PROVIDE SELF DEFENSE. IN COMPETITION, THEY STOP THE OPPONENT FROM SCORING. MOST BLOCKS ARE FORMED FROM THE HAND AND THE ARM, AND RARELY SOME OF THE BLOCKS ARE FORMED FROM THE LEGS AND THE FEET. BLOCKS CAN BE LEARNED FROM THE PARTNER AND IS INCLUDED IN MANY FORMS OF TAEKWONDO PATTERNS. IN TAEKWONDO, THERE ARE STRIKES THAT YOU CAN DO WITH YOUR HANDS IN MANY DIFFERENT WAYS. ONE OF THE MOST COMMON PUNCH IS THE STRAIGHT PUNCH. FOR THIS, IT IS IMPORTANT THAT YOUR FIST IS FORMED CORRECTLY SO THAT THE STRIKER AND YOURSELF DOES NOT GET HURT. POWER COMES FROM HAVING YOUR FIST, ARM AND OTHER PARTS OF YOUR BODY ACTING ALL AS ONE TO GIVE ALL THE POWER THAT IT CAN. TAEKWONDO IS KNOWN FOR ITS EXTREMELY POWERFUL KICKS. BECAUSE THE LEGS ARE LONGER THAN OUR ARMS, THE KICKS CAN REACH FURTHER THAN OUR PUNCHES. TAEKWONDO KICKS BEGIN WITH THE LEG BENT AT OUR KNEE. THE LEG IS THEN STRAIGHTENED TO HIT THE TARGET WITH DIFFERENT PARTS OF THE BOOTS BUT NEVER THE TOE. IT IS IMPORTANT THAT THE LEG IS SLIGHTLY BENT, BUT ALSO THAT YOU DON'T PUT TOO MUCH PRESSURE IN YOUR KNEE. TAEKWONDO IS NOT AS EASY AS IT SEEMS, IT IS LIKE ALL OTHER SPORTS. IT TAKES DEDICATION AND A PERSON WHO WILL PERSERVER AND WOULD NEVER STOP TO REACH THEIR GOAL

HOW WILL TRAINING HELP ME PHYSICALLY?

THERE ARE MANY BENEFITS FOR DOING TAEKWONDO. IT WILL HELP YOU WITH YOUR HEALTH AND HELP YOU FEEL FIT AND BETTER. TAEKWONDO IS NOT AS EASY AS IT LOOKS. PEOPLE SAY THAT IT IS JUST KICKING AND PUNCHING BUT REALLY IT IS NOT. YOU HAVE TO WORK TOWARDS THAT TOP OF THE APPLE AT THE TOP OF THE APPLE TREE TO GRAB THAT ONE JUICY APPLE THAT YOU WANT. TO WHERE I AM TODAY, I AM ALMOST GETTING MY BLACK BELT, I AM VERY PROUD OF MYSELF FOR WHERE I AM. I HAVE PERSEVERED THROUGH TOUGH TIMES AND DEDICATED ALOT OF MY TIME INTO TAEKWONDO. WHEN I WAS A WHITE BELT, I REMEMBER AND I THOUGHT THAT IT WAS GOING TO TAKE ME 8 YEARS TO GET MY BLACK BELT, BUT IT TAKES ME 2 1/2 YEARS FOR ME AND I WANTED TO GIVE UP IN THE MIDDLE, BUT I ALWAYS REMEMBER A QUOTE THAT MY MASTER HAS SAID TO ME. "A BLACK BELT IS A WHITE BELT THAT NEVER GAVE UP" AS I WANTED TO GIVE UP, I THOUGHT OF THAT QUOTE AND TOLD MY SELF THAT I NEED TO KEEP GOING AND PUSH THROUGH. IF I HAD GIVEN UP IN THE MIDDLE, I WOULD HAVE GIVEN UP ON ALL OF MY DREAMS FOR TAEKWONDO. I WOULD NOT BE WHERE I AM TODAY, AND I WOULD ALSO NOT BE AS HAPPY AND ACTIVE AS I AM. BEING A MARTIAL ARTIST DOESN'T MEAN YOU ARE JUST FIGHTING ART, ITS FIGHTING THROUGH A SPORT. TAEKWONDO IS A MIX OF YOUR BODY AND YOUR MIND WORKING TOGETHER. TAEKWONDO USES ALL THE BODY PARTS. HEALTH CAN BECOME A LOT BETTER AFTER A FEW CLASSES OF TAEKWONDO. HEALTH SHOULD BE YOUR PRIORITY AND AN EXTRA BENEFIT OF TAEKWONDO IS THAT YOU WILL HAVE A GOOD LOSE IN WEIGHT IN A FEW WEEKS.

Health is one of the priority for a good weight management. According to the [Mayo Clinic Article](#), a 160 pound man burnt off 730 calories per hour in a single class of Taekwondo. A person must burn off 3,500 calories to lose one pound. If you wanted to lose one pound, then you would have to take about 5 Taekwondo classes per week. To lose ten pounds, it would take 2.5 months with 5 Taekwondo classes per week. Taekwondo has many benefits, if you want to change your life style, try Taekwondo. I promise you won't regret it.



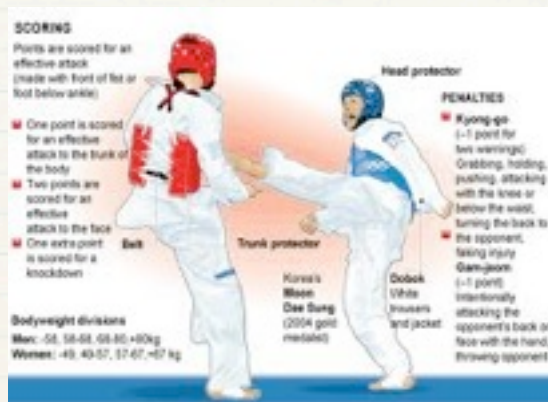
Taekwondo originated in Korea and above is a picture of the Korean Flag.

It sounds too good to be true. What is the catch?

Like I said in my title, there is no catch to joining Taekwondo. Taekwondo is a sport that you have to be dedicated to and something that you are willing to do. Having my own experience, a lot of people will want to quit in the middle, after all their hard work. Taekwondo is hard in the beginning, but as you get higher and higher and try harder and harder, it gets so much easier and will help you out a lot. When I first started, I really didn't want to start but my cousin made me. As soon as I walked into that door, I knew that I was going to love it. There was just something in there that just changed the way that I felt about Taekwondo. Sometimes, I don't want to go to classes, but I know that if I want to get my black belt, I have to go no matter how badly I don't want to go. Now I am thanking my cousin for making me try it out because Taekwondo is the one sport that I love doing and a sport that I am really dedicated into. I love Taekwondo, and I love that I can learn how to manage my anger and just have fun with my friends. Taekwondo might not be easy when you start and trust me it isn't easy, but as you get more and more into it it gets so much easier and I love doing Taekwondo. If you want something to do with friends, why not try Taekwondo?

跆拳道 TAE KWON DO
 means "Foot", "Leg", or "to step on"
 means "fist" or "fight"
 means "Way" or "Discipline"

Above is the definition of Taekwondo



Above is the scoring of how it would be scored if you were to do sparring portion at a tournament.

Your Training Goal Is To Become A Black Belt

The Korean Do - New concept of Ancient Arts emphasizing one of the Foot, Hands, and Mind (Do: Foot, Kwon: hand, Do: art)

The Korean Do combines aspects of:
 1. Hand Arts
 2. Soft Arts

BEGINNER	INTERMEDIATE	ADVANCED	BLACK BELT
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