



Family Impact Martial Arts

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MARTIAL ARTS

The Benefits of TaekwonDo

What is Taekwondo?

TaeKwonDo is a Korean martial art, characterized by its emphasis on head-height kicks, jumping and spinning kicks, and fast kicking techniques.

Taekwondo was developed during the 1940s and 1950s by Korean martial artists with experience in martial arts such as karate, Chinese martial arts, and indigenous Korean martial arts traditions such as Taekkyeon, Subak, and Gwonbeop. The oldest governing body for taekwondo is the Korea Taekwondo Association (KTA), formed in 1959 through a collaborative effort by representatives from the nine original kwans, or martial arts schools, in Korea. The main international organizational bodies for taekwondo today are the International Taekwon-Do Federation (ITF), founded by Choi Hong Hi in 1966, and the partnership of the Kukkiwon and World Taekwondo (WT, formerly WTF), founded in 1972 and 1973 respectively by the Korea Taekwondo Association[citation needed]. Gyeonggi ([kʌŋɡʌɡi]), a type of full-contact sparring, has been an Olympic event since 2000. The governing body for taekwondo in the Olympics and Paralympics is World Taekwondo.

Though TaeKwonDo is a martial art, its discipline, technique and mental training are the fundamentals for building a strong sense of justice, fortitude and humility. It is the mental conditioning that separates the true practitioner from the sensationalist content with mastering only the fighting aspects. This is one of the reasons that TaeKwonDo is called an art of self-defense. It also implies a way of life, particularly in instilling a concept of self-imposed discipline and an ideal of noble moral rearmament.

Mental Fitness

By practicing Taekwondo, we develop a sense of patience, self-confidence and discipline allowing us to become more focused. Self-confidence and discipline are attained through the power of one's body and the knowledge of how to use it at any place and in any situation. Sparring helps us build humility, courage, alertness, and accuracy and develops self-control. By doing patterns, we increase our flexibility, grace, balance and coordination. Through interaction with others, we learn social skills and mutual respect.

Physical Fitness

We can find many physical benefits for a person who practices TaeKwonDo. This martial art technique helps with developing a healthier, leaner and more flexible body, we also increase endurance through a typical training regime. The health-related effects of training are numerous.

The physical benefits of training TaeKwonDo are:

- Helps to release stress and enhances concentration
- Builds strength, agility and flexibility
- Helps the lungs to operate more efficiently
- Conditions the heart
- Enlarges the blood vessels and lowers the diastolic blood pressure
- Increases blood supply to all parts of the body
- Creates healthier body tissue by supplying it with more oxygen
- Promotes better sleep and waste elimination