

# MALAYSIA

## ITF



## Positive Effects of Taekwon-Do

A Thesis

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# The Positive Effects of Taekwon-Do

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**Thesis  
Of  
Positive Effect of TaeKwon-Do**

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# ***INTRODUCTION***

Learning martial art often allow one to experience many kinds of benefits, regardless any kind of martial arts you decide to learn and practice. Taekwon-Do are one martial art that popular among different age group in Malaysia. In this thesis, the positive effects of martial arts for a child will be discuss accordingly.

## ***CHAPTER 1: The Positive Effects of Martial Arts for a Child in School***

Grade school can be quite the experience for any child. It is a place where a child not only learns academically but one where a child must learn to socialize and function in the world. Unfortunately, there are a lot of negative experiences that a child may have when going through school. Whatever those experiences may be, it would be a good idea to have a child participate in martial arts classes. Doing so will give them the tools they need to survive the school experience. The benefits associated with taking martial arts classes are essential for them to be able to have a positive experience in school.

### **Helps them earn better grades in school**



Getting good grades is reflective of a child's comprehension of the material. But, it is also indicative of their discipline and responsibility traits. Through martial arts, students are to learn the fundamentals of stretch and physical routines. They also learn to become disciplined with practice and keeping up with their cleanliness of uniforms. Children learn how to be punctual and can focus their daily thoughts on the tasks at hand. Thus, being able to exhibit these positive traits will translate to better grades as schooling requires the proficiency of these characteristics.

## **Gives them the confidence to stand up to bullies**



Bullying is a very prominent and unfortunate experience that many children will either witness or become victims of in their lifetimes. Being a part of martial arts can give children the strength and confidence that they need to stand up to these negative individuals. Not only will they learn about self-defense strategies, they will be able to feel assertive and courageous. Possessing self-confidence is the number one way for a child to be able to stand up for him/herself in any threatening situation. Through martial arts, they will learn that not all conflicts have to be physical. They will possess the mature mindset to tackle any conflict with assurance and pride.

## **Gives them the ability to make friends**

Having friends and keeping them can be the big difference between a positive and negative school experience for children. They will latch onto people who share common interests with them and feel devastated when those relationships disappear. However, for children who regularly practice martial arts, they have a different capacity to make and keep friends in their circle. Besides making friends in the martial arts classes themselves, children are able to easily socialize and collaborate with other students at school. They instill a lot of the same discipline and traits they learn from martial arts in their everyday lives. For instance, they may be first to initiate a conversation with quiet students because they feel confident in themselves to do so.

Being a part of something special such as martial arts can be greatly impactful for children. Especially when it comes to school, children can gain invaluable skills and behaviors that will allow them to have more successful experiences in social settings. Although school is meant to teach them about a variety of things, having martial arts as a supplement can significantly affect the way they approach schooling and their overall experiences.



# CHAPTER 2:

## Reasons for Learning Taekwon-Do

How many reasons for taking Taekwon-Do are there? A lot! Here are a few of them:

**[1] Self-Defense:** Many students take Taekwon-Do to learn self-defense. Taekwon-Do emphasizes kicking. The leg has about a 33% longer reach than the arm, and the average person has twice the muscle mass in the lower body than in the arm itself. This makes Taekwon-Do a very practical way to stay safe. Even a white belt with basic fundamental kicks such as front kick (ap chaggi) and side kick (yup chaggi) can strike an attacker quickly and then get out of the situation.



**[2] Confidence:** Confidence is belief in oneself and one's abilities. Through Taekwon-Do, you may find yourself developing more confidence, both in and outside the dojang. Learning how to execute a round house kick properly, breaking a board with power, or stepping into a ring with an opponent or sparring partner can help feel that you have the confidence to handle your other responsibilities.



**[3] Discipline:** "Discipline is not punishment," one of my instructors said. "It is learning to control the mind and body to make possible what seems impossible." The repeated practices and the development of concentration skills help train you to meet physical and mental challenges. Some children and teens find that the increased discipline leads to better grades in school; some adults find they do better at their work.

**[4] Competition:** Taekwon-Do has been practiced as a sport for centuries. Tournaments by the ancient Hwa Rang Do may have been ways to test each other's skills without a real-life war situation. Today's competitions also test skills and fitness – whether it be small local tournaments where students begin to compete, or national and international competitions where the elite athletes test one another.



**[5] Fitness:** Good health is always a goal. Working off extra pounds, increasing flexibility, improving balance and coordination - these should be seen in all students, regardless of level. Returning students (like me) who have been in and out of Taekwon-Do throughout our lives can certainly testify as to how Taekwon-Do can improve one's overall fitness level.

## ***CONCLUSION***

Among many martial arts, Taekwon-Do are one of them that offers many fantastic ways in self-improvement. Whether you are trying to improve your fitness level, or practice your leadership, or how to socialize better with different people, Taekwon-Do always gives you the opportunity to improve on these aspects and many more. So, start training Taekwon-Do today. Thank you.

## ***THE END***