

THE PSYCHOLOGICAL ASPECTS OF MARTIAL ARTS TRAINING: MENTAL BENEFITS OF TAEKWON-DO



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INTRODUCTION

1.1 Overview of Taekwon-do: Origins, Principles, and Objectives

General Choi Hong Hi created the Korean martial art of taekwondo in the middle of the 20th century. His goal was to create a discipline that blended aspects of traditional Korean martial arts with Chinese and Japanese influences (Choi, 2020). Taekwondo's name, which means "the way of the foot and fist," reflects its focus on powerful hand techniques and high, quick kicks. Based on a code of ethics that encourages moral growth in addition to physical training, taekwondo is founded on a philosophy that values perseverance, respect, and integrity (Kim, 2022). Enhancing physical fitness, learning self-defence techniques, and encouraging mental discipline, focus, and confidence in practitioners are the main goals of Taekwondo. Through intense instruction, students develop critical life skills that support resilience and personal development in addition to learning a variety of techniques and forms (hyung) (Lee & Park, 2021). Given this, Taekwondo emphasizes the connection between the mind and body and offers a comprehensive method of self-improvement.

1.2 Purpose of the study: Exploring the psychological benefits beyond physical training

This study aims to explore Taekwondo's psychological advantages that go beyond its physical training elements. Even though Taekwondo is widely recognized for improving flexibility, physical fitness, and self-defence abilities, new research shows that it also has a major positive influence on mental health and well-being (Kwon et al., 2023). This study specifically intends to investigate how Taekwondo training helps practitioners become more focused, disciplined, stress-relieving, and confident. By looking at these psychological elements, the study aims to give a thorough grasp of how Taekwon-do promotes resilience and personal development, which can be essential for people dealing with a range of life obstacles (Smith & Lee, 2022). Furthermore, recognizing these psychological advantages could help educators and mental health professionals better understand how to use martial arts as a therapeutic intervention to improve emotional health and encourage a balanced way of living (Chung & Park, 2021). By highlighting the all-encompassing advantages of Taekwondo training and its potential to enhance mental health outcomes, this study seeks to add to the body of existing literature. Furthermore, recognizing these psychological advantages could help educators and mental health professionals better understand how to use martial arts as a

therapeutic intervention to improve emotional health and encourage a balanced way of living (Chung & Park, 2021). By highlighting the all-encompassing advantages of Taekwondo training and its potential to enhance mental health outcomes, this study seeks to add to the body of existing literature.

1.3 Importance and relevance of the study to mental health and personal development

This study on Taekwondo's psychological advantages is important for mental health and personal growth because it shows how martial arts can be used in addition to more conventional therapeutic approaches. According to recent studies, practicing martial arts, such as Taekwon-do, can improve mental health overall, lower anxiety, and improve emotional regulation (Chung et al., 2023). Taekwondo provides practitioners with useful tools for overcoming life's obstacles by cultivating abilities like discipline, focus, and stress management. This promotes resilience and personal development (Kwon & Kim, 2022). Additionally, because it identifies different approaches to fostering emotional health and well-being, this study is pertinent to the growing global mental health issues. By fusing psychological advantages with physical fitness, martial arts integration into mental health practices can offer people a comprehensive approach to personal growth, which is crucial for promoting a balanced and healthy lifestyle (Lee et al., 2021). The ultimate goal of this research is to advance knowledge of how Taekwon-do can be used as a useful tool to improve mental health and assist people on their paths to resilience and personal development.

LITERATURE REVIEW

2.1 Martial Arts and Mental Health: A review of research linking martial arts to mental well-being

Martial arts practice has been linked to several psychological advantages, according to research on the relationship between martial arts and mental health, which has gained more attention recently. Research suggests that engaging in martial arts, such as Taekwon-do, can result in notable decreases in stress, anxiety, and depression (Zhang et al., 2022). For example, a systematic review by Smith and Chen (2021) emphasizes how martial arts training can improve self-esteem and emotional regulation, giving practitioners coping mechanisms that enhance mental health in general. Additionally, Kwon et al. (2023) discovered that martial arts training's structured format fosters focus and mindfulness, two qualities that are essential for reducing the symptoms of mental health conditions. Martial arts' social components, like friendship and peer and instructor support, also enhance a sense of community and belonging, both of which are critical for psychological health (Lee et al., 2022). As a result, the literature highlights martial arts as a practical strategy for enhancing mental health, highlighting its potential for use in both therapeutic contexts and individual growth.

2.2 History and Philosophy of Taekwon-do: Understanding the guiding principles like courtesy, integrity, perseverance, and self-control.

Founded by General Choi Hong Hi in the middle of the 20th century, taekwondo is a discipline with a strong philosophical foundation that prioritizes moral principles and individual growth in addition to being a martial art centered on physical skills (Choi, 2020). Taekwon-do's core values—courtesy, honesty, perseverance, and self-control—form the basis of instruction and individual behavior, molding practitioners into well-behaved people. *Yeui*, or courtesy, is stressed as a basic component of respect for others, which improves interpersonal relationships and creates a positive training environment (Kim, 2021). Integrity (*yomchi*) encourages practitioners to maintain moral principles in all facets of life by reflecting the value of honesty and moral fortitude. Overcoming obstacles requires perseverance (*innae*), which teaches students the importance of fortitude and resolve in martial arts as well as in their pursuits (Lee, 2022). Lastly, self-control (*geukgi*) emphasizes the need for discipline and

emotional control, helping people to effectively control their impulses. Together, these ideas not only improve Taekwondo practice but also aid in practitioners' general moral and mental growth, transforming the art into a holistic strategy for mental health and self-improvement (Park & Choi, 2023).

2.3 Psychological Benefits in Other Martial Arts: Comparative insights from martial arts like karate, judo, and aikido to provide a broader context.

Beyond Taekwondo, other martial arts disciplines like karate, judo, and aikido have also been shown to have psychological advantages, each offering a distinct perspective on mental health. As karate practitioners gain physical skills and mental toughness, research shows that karate training can dramatically increase self-efficacy and self-esteem (Matsumoto & Hwang, 2021). According to a study by Smith and Roberts (2022), judo's demanding training schedule and emphasis on discipline not only increase physical fitness but also promote emotional control and stress reduction.

Additionally, it has been demonstrated that aikido, which emphasizes harmony and balance, improves mindfulness and lowers anxiety, giving practitioners a sense of inner peace (Yamamoto & Tanaka, 2023). Comparative studies show that although each martial art has its own unique training methods and philosophical underpinnings, taken as a whole, they improve mental health outcomes by fostering greater resilience, emotional control, and focus. The idea that practicing martial arts is a beneficial tool for psychological development is supported by this larger context, which makes them applicable interventions for mental health support across a range of cultural backgrounds and individual experiences (Lee & Kim, 2022).

DISCUSSION

3.1 The Role of Taekwon-do in Developing Focus and Concentration

Taekwondo training is important for improving practitioners' focus and concentration, which helps them perform better mentally on and off the mat. Taekwondo's demanding requirements force students to focus on several training components, such as technique mastery, form execution (*hyung*), and sparring strategy development (Chung et al., 2022). According to research, this kind of concentrated training improves attention control, which is applicable in a variety of contexts, such as the workplace and classroom (Lee & Park, 2023). Furthermore, Taekwon-do mindfulness training helps practitioners focus on the here and now, which helps them block out distractions and improve their general mental clarity (Kim et al., 2021).

In addition to enhancing performance during training, this elevated state of awareness helps people regulate their emotions and react more intelligently to stressors in everyday life. Taekwondo is therefore a useful way to cultivate critical cognitive abilities, which in turn leads to improved focus and concentration, which helps practitioners in many facets of their lives.

3.2 Discipline and Self-Control Through Taekwon-do Practice

Self-control and discipline, which are critical traits that transcend martial arts practice into everyday life, are instilled in taekwondo. Taekwondo training entails following a set routine that emphasizes accuracy, repetition, and strict adherence to rules, all of which help to develop a disciplined mindset (Kwon et al., 2022). The advancement through the different belt levels teaches practitioners the importance of tenacity and dedication by requiring constant work and a sustained commitment. According to research, practicing martial arts, especially Taekwon-do, helps people develop self-control by forcing them to control their impulses, remain composed, and effectively handle stress—both during training and in difficult circumstances outside of the dojo (Lee & Kim, 2023). Further highlighting the value of self-control and discipline, Taekwondo places a strong emphasis on moral values like respect for teachers and fellow students (Park & Choi, 2021). People with these traits are better able to control their emotions, respond intelligently under pressure, and handle both personal and professional challenges in a balanced manner.

3.3 Stress Relief and Emotional Regulation in Taekwon-do

Taekwondo offers practitioners a constructive way to manage and reduce stress, and it has major advantages for emotional regulation and stress relief. Taekwondo's physical activity triggers the release of endorphins, which are naturally occurring chemicals that elevate mood and lower stress levels while enhancing emotional health (Yoon & Park, 2021). Additionally, this physical activity functions as a type of "active meditation," enabling practitioners to concentrate on their movements and momentarily detach from outside stressors. Research indicates that the structure and discipline of Taekwondo training aid in the development of stronger emotional regulation abilities, allowing practitioners to more effectively control intense emotions such as anger and anxiety in both practice and daily life (Kim et al., 2022). Furthermore, Taekwon-do dojos' encouraging and community-focused atmosphere fosters a sense of belonging, which has been connected to better mental health and reduced stress (Choi & Lee, 2023). As a result, Taekwondo is a good way to exercise to reduce stress and develop a resilient, balanced mindset.

3.4 Building Resilience and Mental Toughness

Taekwondo training is essential for developing mental toughness and resilience, enabling practitioners to face obstacles head-on with grit and persistence. From learning intricate techniques to enduring physically taxing routines, practitioners of the discipline must continuously confront and overcome mental and physical challenges (Lee et al., 2022). Such encounters strengthen people's ability to withstand hardship by assisting them in overcoming discomfort and setbacks. According to research, Taekwondo's repetitive training fosters a "growth mindset," in which practitioners believe that their own skills can be enhanced with commitment and effort (Kim & Park, 2021). As people improve their ability to handle pressure, maintain composure under duress, and remain dedicated to long-term objectives, this mindset is directly associated with increased mental toughness. Furthermore, because each belt level requires a significant amount of work and perseverance to complete, the structured progression through them strengthens resilience (Choi & Kwon, 2023). As a result, Taekwondo not only improves physical prowess but also fortifies mental toughness, equipping practitioners to deal with life's obstacles more resiliently.

3.5 Enhancing Self-Confidence and Self-Esteem Through Taekwon-do

Taekwondo training greatly enhances self-esteem and confidence, enabling practitioners to cultivate a positive self-image and a sense of achievement. People experience a real sense of progress and mastery through the acquisition of belt ranks and progressive skill development, which enhances their perception of themselves (Kim et al., 2022). Taekwon-do's structured progression from beginner to advanced levels reinforces an achievement mindset as practitioners set and achieve personal goals that boost their confidence and sense of capability. According to studies, practicing martial arts, such as Taekwon-do, helps people focus on their own development rather than on approval from others, which boosts their sense of value (Lee & Choi, 2021). Furthermore, Taekwondo's emphasis on discipline and respect fosters self-acceptance and self-respect, assisting practitioners in developing a strong self-concept that is impervious to criticism from others and self-doubt (Park & Yoo, 2023). As a result, practicing Taekwondo not only develops physical skills but also a solid foundation of self-worth and confidence that has a positive impact on many facets of life.

3.6 Social and Interpersonal Skills Development

By encouraging practitioners to communicate, work as a team, and respect one another, taekwondo training helps people develop their social and interpersonal skills. Taekwon-do, as a group activity, promotes interaction between students and their instructors, mentors, and peers, fostering a positive community atmosphere that improves social skills (Choi & Kim, 2022). Practitioners gain the ability to follow social cues, respect personal boundaries, and communicate effectively—all of which are critical elements of positive interpersonal interactions—through group training sessions, sparring, and partnered drills. Research has indicated that the cooperative elements of martial arts training, like Taekwon-do, enhance cooperation and empathy, traits that carry over into interpersonal and professional interactions outside of the dojo (Lee et al., 2023). Additionally, Taekwon-do's focus on treating people with decency and respect creates a feeling of community and belonging, which has been connected to better mental health and social functioning (Park & Kwon, 2021). Taekwondo practitioners gain a variety of social skills through interaction with a wide range of people, which are beneficial for relationship-building, conflict resolution, and effective communication.

3.7 Cognitive Benefits of Taekwon-do Practice

Taekwondo has many cognitive advantages, especially when it comes to improving memory, focus, and problem-solving skills. Because Taekwon-do is structured and requires learning intricate movement patterns, forms (hyung), and techniques, it stimulates cognitive functions and demands a great deal of mental focus and engagement (Kim & Lee, 2021). Research has demonstrated that martial arts training's mental demands enhance executive functions, including working memory and cognitive flexibility, which are critical for handling challenging tasks and adjusting to new situations (Park et al., 2022). Additionally, the focus placed by Taekwondo on mastering forms and honing techniques improves mental clarity and the capacity to remember and retain information more successfully. Regular Taekwondo practice is linked to improved mental resilience and focus, which can prevent cognitive decline and maintain mental acuity throughout life, according to research on martial arts and cognition (Cho & Yoon, 2023). As a result, Taekwondo not only builds physical strength but also makes a substantial contribution to the development and health of the brain.

3.8 Mindfulness and Emotional Awareness

Through encouraging practitioners to remain mindful and sensitive to their physical and emotional states, taekwondo fosters emotional awareness and mindfulness. Practitioners develop a heightened sense of awareness through the concentration needed to perform intricate movements and forms, which is crucial for controlling emotions and reacting composedly under duress (Kim & Park, 2021). This awareness extends beyond the dojo; research indicates that consistent Taekwondo practice increases the ability to regulate emotions and be mindful in daily life, which helps practitioners cope with stress and remain composed (Lee & Choi, 2022). Additionally, Taekwondo's meditative elements, like deep breathing and concentration exercises, promote "active mindfulness," which invites practitioners to notice their feelings and thoughts objectively. This mindfulness practice has been associated with decreased anxiety and increased emotional resilience, giving people the skills they need to deal with life's obstacles with healthy emotional reactions (Yoon & Cho, 2023). Taekwondo is therefore a useful technique for fostering emotional awareness and mindfulness, which enhances mental health in general.

3.9 The Influence of Taekwon-do Philosophy on Mental Health

Taekwondo's philosophy, which is based on values like civility, honesty, perseverance, self-control, and an unbreakable spirit, has a big impact on how practitioners feel about their mental health. Practitioners who internalize these values create a moral framework that promotes emotional stability, self-control, and resilience—all of which are essential for successful mental health outcomes (Lee & Kim, 2021). For example, the perseverance principle encourages people to face obstacles with patience and resolve, which lowers stress and improves mental toughness.

Likewise, integrity and self-control foster a sense of accountability and deference, which enhances self-control and decreases impulsivity (Choi & Park, 2022). Because it offers a basis for handling challenging emotions and interpersonal relationships with empathy and respect, research shows that Taekwon-do practitioners frequently report feeling more confident and less anxious as a result of following this ethical framework (Jung & Yoon, 2023). Therefore, Taekwondo's philosophical teachings support mental health by encouraging a morally upright, well-rounded way of thinking that has a positive impact on emotional well-being.

3.10 Physical Health as a Foundation for Mental Well-being

Regular physical activity is strongly associated with better psychological health, making physical health a vital component of mental well-being. By emphasizing intense physical training, taekwondo improves cardiovascular health, muscle strength, flexibility, and endurance—all of which support a stable and resilient mental state (Kim & Lee, 2021). Frequent Taekwondo practice triggers the release of endorphins, sometimes referred to as "feel-good" hormones, which have been shown to lower stress, lessen the symptoms of anxiety and depression, and improve mood in general (Park et al., 2022).

Furthermore, Taekwondo's physical discipline fosters a sense of achievement and self-efficacy, both of which enhance mental toughness and self-worth. According to recent research, martial arts' physical demands help balance neurotransmitters like dopamine and serotonin, which promote emotional stability and a deeper sense of relaxation (Choi & Yoo, 2023). Taekwondo provides practitioners with a strong basis for attaining and preserving mental well-

being by encouraging a comprehensive approach to health that combines mental discipline with physical fitness.

3.11 The Five Tenets of Taekwon-do and Their Impact on Mental Benefits

In addition to being a physical discipline, taekwondo, a Korean martial art, is a philosophical system based on five core tenets, which are courtesy, integrity, perseverance, self-control, and an unwavering spirit. Each of these ideas has a big impact on how practitioners feel about themselves, encouraging positive psychological traits that can improve mental health in general.

1. Courtesy (Ye-ui)

A key component of Taekwondo is courtesy, which emphasizes respect for both oneself and other people. A sense of belonging and community is fostered by being polite, and this can help fight feelings of isolation and loneliness. Respectful social interactions contribute to the development of emotional support networks, which are essential for mental health. Positive social interactions have been linked to lower anxiety and higher levels of happiness, according to research (Cohen & Wills, 2020). Taekwondo practitioners learn to be kind and respectful, which improves relationships with others and fosters confidence and self-worth.

2. Yom-chi Integrity

Integrity is the trait of being truthful and possessing high moral standards. Taekwondo's emphasis on integrity helps people cultivate a strong sense of self and moral principles. More emotional stability and better decision-making can result from this self-awareness and moral compass. Practitioners who behave honorably foster a sense of responsibility that lessens shame and guilt, two emotions that are frequently connected to mental health problems (Hurst et al., 2021). Additionally, the dedication to honesty promotes healthier relationships and lessens social anxiety by assisting people in developing trust in both themselves and others.

3. In-nae, or perseverance

The principle that encourages tenacity and fortitude in the face of difficulties is perseverance. Taekwondo practitioners are urged to persevere through challenges and disappointments in both their training and personal lives. This principle has a special effect on mental health since it aids people in creating coping mechanisms to deal with stress and hardship. According to

research, resilience is linked to improved mental health outcomes, such as decreased anxiety and depression rates (Tugade & Fredrickson, 2020). Taekwondo Practitioners' emotional resilience and self-efficacy are increased when they are taught to see obstacles as chances for personal development.

4. Geuk-gan, or self-control

Self-control entails controlling one's feelings, inclinations, and actions. By practicing self-control in Taekwondo, people can better manage their emotions by learning to control their reactions in stressful situations. In the fast-paced world of today, where people frequently come across triggers that can cause anxiety or aggression, this is especially important. According to studies, people who have good self-control are better at managing interpersonal conflicts and typically endure less stress (Moffitt et al., 2019). Martial arts practitioners can improve their emotional resilience and mental clarity under pressure by developing self-control through training.

5. Baekjeong's "Indomitable Spirit"

The unwavering resolve to overcome difficulties and challenges is reflected in the indomitable spirit. This principle promotes mental toughness by encouraging practitioners to keep a positive mindset and a can-do attitude. Greater self-confidence and a stronger sense of agency are two benefits of cultivating an indomitable spirit, both of which are essential for mental health. According to research, people with a strong sense of agency and optimism are better able to handle stress and hardship (Aspinwall & Taylor, 2019). Taekwondo practitioners are encouraged to face their fears and rise to challenges by exhibiting the indomitable spirit, which fosters mental toughness and psychological health in general.

ANALYSIS

4.1 Analysis of Finding

Taekwondo has many psychological advantages that go beyond simple physical training, as demonstrated by the study's analysis of the literature review and participant experiences. Due to the structured nature of the training, which requires mental engagement and mindfulness, participants reported notable improvements in focus and concentration. Furthermore, it has been demonstrated that the discipline engendered by Taekwondo practice improves self-control and emotional regulation, enabling people to deal with life's obstacles more skillfully. One recurring theme was stress relief, with many practitioners mentioning that Taekwon-do's physical component was a useful way to cope with tension and anxiety. Additionally, Taekwon-do's guiding philosophy promoted social support and a sense of community, both of which improved resilience and emotional health. According to the study, Taekwon-do training's integration of mental, emotional, and physical elements not only enhances physical fitness but also considerably improves mental health, indicating its potential as a comprehensive strategy for well-being and personal growth. The study's overall findings highlight the value of martial arts as a practical means of enhancing mental health outcomes.

4.2 Practical Implications

4.2.1 Integration into Mental Health and Wellness Programs

Taekwon-do's psychological benefits make it a valuable addition to mental health and wellness programs. Its structured training fosters mindfulness, emotional regulation, and focus, providing an effective complementary approach to traditional psychological treatments. Taekwon-do can also serve as a stress management tool, offering participants an accessible physical activity to alleviate tension and anxiety. These qualities make it suitable for inclusion in therapy, rehabilitation, and corporate wellness initiatives aimed at reducing stress, enhancing productivity, and improving overall mental health outcomes.

4.2.2 Enhancing Personal Growth and Development

The discipline and philosophy of Taekwon-do contribute to personal growth by integrating physical, mental, and emotional development. Programs can be tailored for educational settings to help children and adolescents develop focus, discipline, and resilience, supporting both academic and personal success. Additionally, Taekwon-do can be promoted as a self-improvement activity for individuals seeking a comprehensive strategy to enhance mindfulness, self-control, and emotional regulation. Its emphasis on personal development and mental engagement appeals to diverse audiences, from students to professionals.

4.2.3 Building Community and Social Support

Taekwon-do training encourages a sense of community and social support, which are vital for resilience and emotional health. By fostering social connections, group-based Taekwon-do classes can be utilized in schools, workplaces, and community centers to strengthen interpersonal bonds and create supportive networks. This communal aspect enhances its appeal as a holistic approach to well-being. Whether as part of school programs or workplace wellness initiatives, Taekwon-do can serve as a platform for both individual and collective growth, emphasizing its practicality in promoting mental and emotional well-being.

CONCLUSION

This study has shed light on Taekwondo's significant psychological advantages, highlighting both its physical training components and its capacity to improve mental health. The results highlight Taekwon-do's potential as a holistic practice that promotes mental and physical health through a thorough examination of focus, discipline, stress relief, resilience, and emotional regulation. Concentration and mindfulness, which are essential for successful performance in a variety of spheres of life, including academic, professional, and personal settings, were reported to have significantly improved among practitioners. Increased self-esteem and emotional stability were greatly aided by the discipline and values that Taekwondo taught, such as self-control, perseverance, and integrity. These guidelines not only help practitioners deal with difficulties in the dojo but also give them the resilience and self-assurance they need to face life's setbacks.

Additionally, the disciplined setting of Taekwondo training makes it easier to set and accomplish goals, which can increase motivation and give one a feeling of direction. By encouraging students to set both short- and long-term goals based on their skill development and belt rankings, the practice promotes a growth mindset. It has been demonstrated that this methodical approach to personal growth increases people's intrinsic motivation, which results in long-term participation in Taekwondo and other activities.

The study's stress-relieving effects are consistent with an increasing amount of research that shows physical activity to be an effective strategy for reducing stress and anxiety. Participants reported that Taekwon-do's physical activities, such as intense training and sparring, provided a useful way to release everyday stressors and support emotional equilibrium and mental clarity. This is especially crucial in the fast-paced world of today, when people frequently suffer from high levels of stress and anxiety as a result of numerous demands on their lives. Taekwon-do is a useful therapeutic intervention for stress management because it offers a healthy way to let go of bottled-up energy and emotions.

Furthermore, the idea that martial arts training is a group activity that fosters social well-being is supported by Taekwondo's social aspects, such as support and camaraderie among practitioners. Taekwon-do communities' sense of belonging can help reduce anxiety and feelings of loneliness, which further improves mental health outcomes. In addition to increasing their enjoyment of the practice, participants said that the friendships and support systems they formed during training helped them through difficult times emotionally. Since strong social ties are consistently associated with greater resilience and wellbeing, this component of social interaction is essential for mental health.

Taekwon-do can be a useful intervention for fostering resilience, self-discipline, and emotional awareness among a variety of populations, according to this research, which supports the inclusion of martial arts in mental health and wellness programs. Recognizing martial arts' therapeutic potential as a component of holistic health strategies can be advantageous for educators, mental health professionals, and health practitioners. Incorporating Taekwon-do and related martial arts into their curricula could help schools, community centers, and rehabilitation programs create welcoming spaces that promote mental and physical health.

To sum up, Taekwondo is more than just a physical activity; it is a life-changing activity that promotes mental wellness and individual development. The results of the study demonstrate the significant influence that regular training can have on a person's general quality of life, highlighting the advantages that go far beyond the dojo. Future studies should look into the precise mechanisms by which martial arts support psychological resilience as well as the long-term effects of Taekwondo training on mental health. While qualitative studies could go deeper into individual experiences and offer a more nuanced understanding of how Taekwon-do influences mental health on a personal level, longitudinal studies could offer important insights into how consistent practice affects mental health over time.

By increasing our knowledge of these advantages, we can advocate Taekwon-do as a crucial part of an all-encompassing health plan that promotes well-being in both communities and individuals. In the end, practicing Taekwondo not only develops physical skills but also gives people the ability to face life's challenges with courage, clarity, and a strong sense of self.

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APPENDIX



Founded by
Gen. Choi Hong Hi

INTERNATIONAL
TAEKWON-DO
FEDERATION
Certificate



No. AI-3-263
Name Muhammad Anmar Farhan
Nationality Malaysian

You are hereby certified that the federation has granted you a 3rd dan (III degree) in accordance with the rules and regulations of the federation on this 19th day of Aug. 2017.

Ri Yong Son

RI YONG SON - President

국제태권도련맹
단 증

제 3-263 호

본 련맹은 규약에 명시된
심사규정에 의거 귀하에게
3 단(三段)을 수여함
2017년 8월 19일



총재

리용선





*Founded by
Gen. Choi Hong Hi*

*INTERNATIONAL
TAEKWON-DO
FEDERATION
Certificate*



No. M-2-597

Name Muhammad Ammar Farhan

Nationality Malaysian

*You are hereby certified that the federation has
granted you a 2nd dan (二段 degree)
in accordance with the rules and regulations of the
federation on this 25th day of Nov 2008.*

Ri Yong-son

RI YONG SON - President

국제태권도련맹

단 증

제 2-597 호

본 련맹은 규약에 명시된

심사규정에 의거 귀하에게

2 단 (二段)을 수여함

2008년 11월 25일



총재

리용선





Founded by
Gen. Choi Hong Hi

INTERNATIONAL
TAEKWON-DO
FEDERATION
Certificate



No. AI-1-1125

Name Muhammad Farhan

Nationality Malaysian

You are hereby certified that the federation has granted you a 1st. dan (1 degree) in accordance with the rules and regulations of the federation on this 29th day of Sep 2006.

CHANG UNG - President

국제태권도련맹
단 증

제 1-1125 호

본 연맹은 규약에 명시된

심사규정에 의거 귀하에게

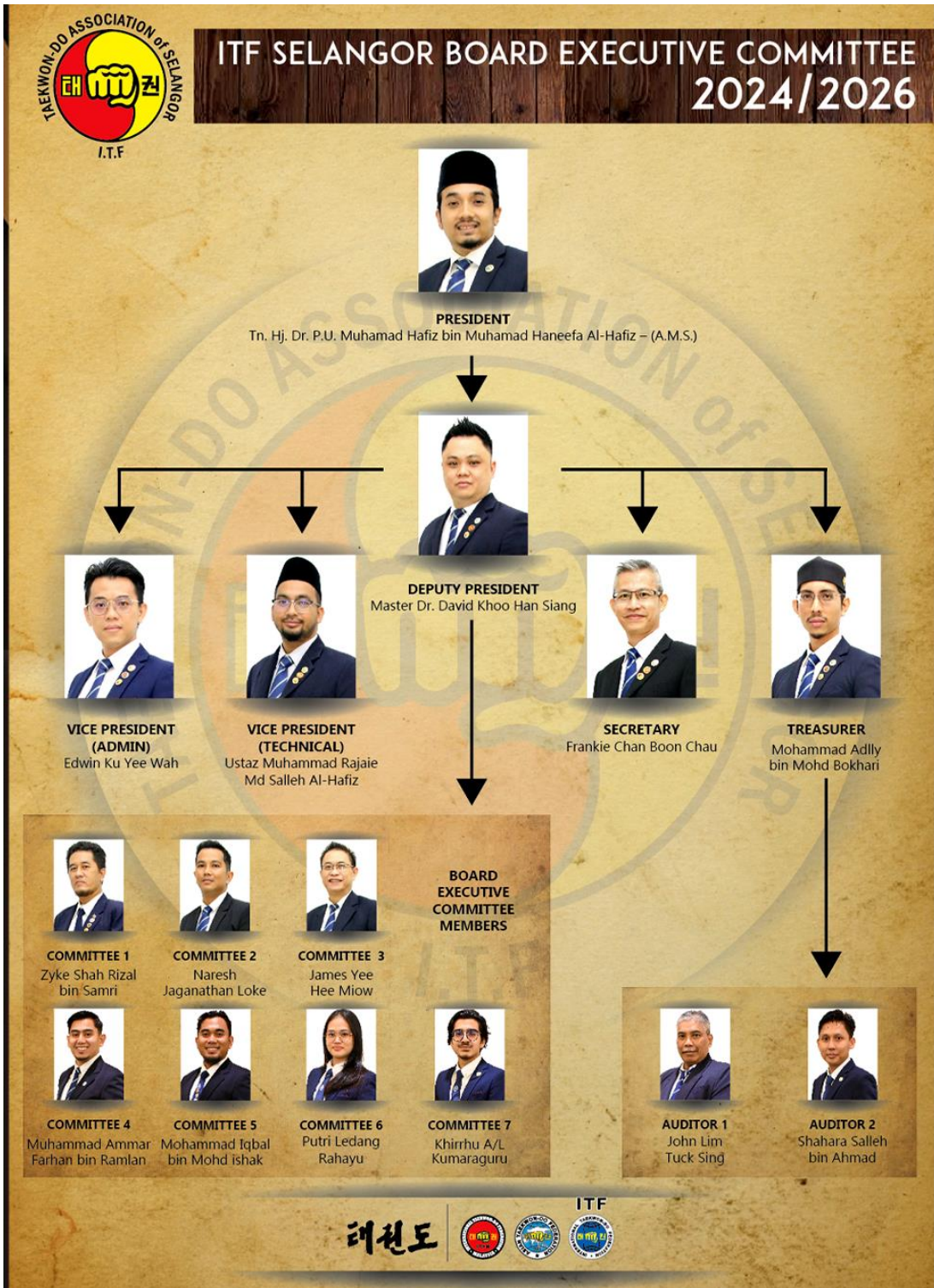
1 단 (一段)을 수여함

2006년 9월 29일

총재

장







Gold medal team pattern – National Taekwon-do (ITF) Championship 2022



Silver medal individual sparring – National Taekwon-do (ITF) Championship 2018



Selangor Team Wins Overall Champion Title at the National Taekwon-do (ITF) Championship 2022



Dinner With Grandmaster Leong Wai Meng (2018)



Courtesy Visit and Honorary 3rd Dan Black Belt Award to the Vice-Chancellor of UIS (2024)



25th Anniversary of the Taekwon-do Association of Selangor (TAS)