



Thesis Title: Kids in Taekwon-Do

International Taekwon-Do Federation Malaysia (ITFM)

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Abstract

Taekwondo, a Korean martial art known for emphasizing high, fast kicks, and dynamic movements, has gained popularity worldwide. Many parents consider enrolling their kids in taekwondo classes, drawn by the potential benefits for physical and mental development.

This thesis aims to provide comprehensive information on Taekwondo for kids, addressing safety concerns, highlighting the benefits, discussing the suitable age to start, and offering insights into what parents can expect from a Taekwondo class.



Introduction

Taekwondo Safe for Kids

Safety is a paramount concern for parents considering any physical activity for their kids. Fortunately, Taekwondo is generally considered a safe martial art for kids when taught by qualified instructors in a controlled environment.

In reputable Taekwondo schools, instructors prioritize safety, ensuring that students learn proper techniques and adhere to safety protocols during training.

Taekwondo classes controlled and disciplined nature helps minimize the risk of injuries. Protective gear, such as helmets, gloves, and shin guards, is often used during sparring sessions to provide an additional layer of safety. Parents can further enhance their child's safety by choosing a certified Taekwondo school with experienced instructors



Discussion

Taekwondo can significantly contribute to a child's physical, mental, and emotional growth. Here's how it works:

1. Physical Development

- **Strength and Flexibility:** Taekwondo involves various kicks, punches, and stances that help children develop their muscles, flexibility, and overall body strength. The practice of high kicks, in particular, enhances flexibility, while basic movements increase endurance.
- **Coordination and Balance:** The repeated practice of various moves helps improve hand-eye coordination, spatial awareness, and balance. These skills are essential for children's overall motor development.
- **Agility and Speed:** Taekwondo emphasizes quick reflexes, footwork, and fast movements. This leads to improved agility and speed in other areas of physical activity.
- **Cardiovascular Health:** The intensity of training increases heart rate and endurance, contributing to improved cardiovascular health over time.

2. Mental Development

- **Focus and Discipline:** Taekwondo teaches children to stay focused and disciplined. The structured environment, with clear goals like earning new belts, helps them develop patience, concentration, and self-control.
- **Goal Setting:** The progression through different colored belts gives children tangible goals to strive for, teaching them the importance of perseverance and long-term commitment.
- **Problem-Solving Skills:** The martial art involves learning various techniques, strategies, and patterns, which engage the brain in problem-solving and memorization.

3. Emotional and Social Growth

- **Self-Confidence and Self-Esteem:** As children master new skills, they gain confidence in their abilities. Achieving new belts or mastering complex moves boosts their self-esteem.
- **Respect and Courtesy:** Taekwondo emphasizes respect for others, both fellow students and instructors. This fosters polite behaviour, good manners, and social skills. Children learn how to behave respectfully in different settings.
- **Emotional Control:** The discipline required in Taekwondo helps children manage their emotions better. It teaches them to stay calm in difficult situations and manage frustration when they don't succeed right away.

- **Friendship and Teamwork:** While Taekwondo is an individual sport, it often involves group training, where children work together, motivate each other, and share a sense of community. This helps them develop social skills and create lasting friendships.

4. Character Building

- **Perseverance and Resilience:** Taekwondo teaches children not to give up when faced with difficulties. Training often involves challenging tasks that require hard work and persistence.
- **Humility and Sportsmanship:** Children are taught to respect others, whether they win or lose. Good sportsmanship is emphasized, teaching children to handle both victory and defeat gracefully.
- **Leadership Skills:** As children progress through the ranks, they are often given opportunities to lead warm-ups or help newer students, which helps develop leadership and teaching abilities.

5. Behavioral Growth

- **Structure and Routine:** Regular Taekwondo practice instills a sense of structure and routine in a child's life. They learn the importance of consistency and responsibility.
- **Anger Management:** By learning control over their physical and emotional reactions, children can better manage their frustrations and channel negative energy in healthy ways.
- **Respect for Authority:** Children are taught to respect their instructors, which helps them understand the importance of respecting authority figures in other aspects of their lives (like parents, teachers, and coaches).

6. Promoting Healthy Lifestyle Habits

- **Healthy Habits:** Taekwondo encourages physical fitness and a balanced lifestyle, which promotes overall well-being. Children often develop an appreciation for exercise that carries over into their daily lives.
- **Focus on Nutrition and Rest:** Martial arts often emphasize the importance of eating well and getting enough rest to support training, which can lead children to adopt better lifestyle habits.

Result

What parents can expect when their kids attend a taekwondo class?

1. Structured Environment

Taekwondo classes are well-organized and follow a structured routine. Parents can expect their child to engage in a series of activities, including warm-up exercises, skill drills, forms practice, and cool-down activities. The structured nature of the class helps children understand the importance of discipline and routine.

2. Skill Progression and Belt System

Taekwondo employs a belt system to signify a student's level of expertise. Parents can anticipate their child progressing through different belt levels as they master new techniques and demonstrate proficiency. This system provides a tangible and motivating way for children to track their progress.

3. Focus on Character Development

In addition to physical skills, Taekwondo places a strong emphasis on character development. Parents can expect their child to learn and practice values such as respect, courtesy, integrity, perseverance, and self-control. These values are woven into the fabric of Taekwondo training and contribute to the overall growth of the child.

4. Safe and Controlled Environment

Taekwondo schools prioritize safety, and parents can rest assured that their child is participating in a controlled and supervised environment. Instructors are trained to teach proper techniques, and protective gear is often used during sparring sessions to minimize the risk of injuries.

5. Parental Involvement Opportunities

Some Taekwondo schools encourage parental involvement. Parents may have the opportunity to observe classes, attend special events, and engage with instructors to discuss their child's progress. This involvement fosters a sense of community and allows parents to actively support their child's martial arts journey.

For example, provides Taekwondo grading_for every taekwondo student where they can compete, surpass their limits, and relish the rewards of their hard work.

After the testing concludes, students are awarded a Belt and Certificate based on their performance. Evaluation during Taekwondo testing is conducted by chief examiner with the Taekwondo Federation, ensuring impartial and objective assessments.

FAQs

1. Taekwondo safe for kids?

Yes, Taekwondo is generally safe for kids when taught by qualified instructors in a controlled environment. Safety protocols and protective gear are typically employed to minimize the risk of injuries.

2. At what age can kids start Taekwondo?

Kids can start Taekwondo as early as three or four years old, but many schools offer specialized classes for kids around the age of five or six.

3. What are the benefits of Taekwondo for kids?

Taekwondo offers a range of physical and mental benefits, including improved fitness, motor skills development, strength and endurance, discipline, confidence building, and stress relief.

4. How can parents ensure their child's safety in Taekwondo classes?

Parents can enhance their child's safety by choosing a certified Taekwondo academy that is guided with experienced instructors. Additionally, ensuring that the child uses appropriate protective gear during training sessions is crucial.

Conclusion

Taekwondo is not just about learning martial arts techniques but it's a holistic approach to developing a child's physical, mental, and emotional well-being. By incorporating regular Taekwondo practice into a child's routine, parents can help nurture a more confident, disciplined, and well-rounded individual, while also instilling the values of respect, perseverance and teamwork.

Attachment

