

# ITF



**Title: The Benefits of Enrolling Young Kids in Taekwon-Do ITF**

# 태권도

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I SHALL OBSERVE THE TENETS OF TAEKWON-DO

I SHALL RESPECT INSTRUCTORS AND SENIORS

I SHALL NEVER MISUSE TAEKWON-DO

I SHALL BE A CHAMPION OF FREEDOM AND JUSTICE

I SHALL BUILD A MORE PEACEFULL WORLD



## Abstract:

Martial arts, notably Taekwon-Do ITF, have grown in popularity in recent years, providing several physical, mental, and social benefits to people of all ages. This article discusses the several advantages of enrolling young children in Taekwon-Do, including physical health, mental and emotional development, discipline, self-control, increased self-esteem, social skills, and the importance of goal setting and success.

I've been a martial arts Tae Kwon-Do ITF Instructor for a long time, and I'm also associated with ITF Malaysia and working hard to raise awareness about martial arts, especially Tae Kwon-Do, in the Pahang and Malaysian community. Here are some of my accomplishments and photos of me teaching pupils of all ages.



## Introduction:

Taekwon-Do ITF and other martial arts have grown in popularity in recent years, and with good cause. These activities provide significant physical, emotional, and social advantages to people of all ages. Enrolling young children in Taekwon-Do courses may have a life-changing influence on their lives. In this in-depth article, we will look at the several advantages of learning Taekwon-Do for young children, including physical health, mental and emotional development, discipline and self-control, enhanced self-esteem, social skills, and the value of creating and attaining objectives.

## 1.1) Physical Fitness:

Without a doubt, let us go into the specifics of Taekwon-Do's physical advantages for young children:

### 1.1.1) Improved Strength and Flexibility:

Taekwon-Do practitioners are encouraged to acquire physical strength and flexibility. Young children who take Taekwon-Do courses should expect to see significant gains in these areas.

- a) **Muscle Strength:** Taekwon-Do training includes a variety of resistance workouts that target specific muscle areas. Kicking and punching methods need the use of force from the legs, hips, and upper body, resulting in the development of physical strength. Regular form (pattern and sparring) and drill practise also helps increase general muscular tone (Ji et al., 2019).
- b) **Dynamic Stretching:** Taekwon-Do incorporates dynamic stretching exercises into its warm-up routines. Dynamic stretching involves moving parts of the body to gradually increase the range of motion and flexibility. For young children, this not only enhances their flexibility but also helps in injury prevention (Cheng & Su, 2014).
- c) **Bodyweight Exercises:** Taekwon-Do training includes exercises like push-ups, sit-ups, and squats. These bodyweight exercises help kids develop functional strength, which is essential for performing techniques with precision and power (Santos et al., 2015).
- d) **Core Strength:** Taekwon-Do practitioners frequently engage their core muscles while performing various techniques. Core strength is essential for maintaining balance, stability, and proper posture during training, which are all crucial aspects of Taekwon-Do (Cha, 2018).



### 1.1.2) Better Cardiovascular Fitness:

Cardiovascular fitness, also known as cardiovascular endurance or aerobic fitness, is an important component of overall health. Taekwon-Do is a wonderful way for young children to improve their cardiovascular fitness.

- a) **Raised Heart Rate:** Taekwon-Do training includes strenuous physical exercise, which raises the heart rate. This continuous rise in heart rate during training sessions aids in the strengthening of the heart muscle and increases its effectiveness in pumping blood (Kim et al., 2018).
- b) **Increased Respiration:** Taekwon-Do practitioners participate in both aerobic and anaerobic movements. This implies that the body must adapt to rapid, high-intensity bursts of energy while also effectively using oxygen during longer, endurance-based activities. As a consequence, children's respiratory function and lung capacity improve (Wang et al., 2015).
- c) **Weight control:** Regular participation in Taekwon-Do sessions also helps with weight control. Cardiovascular and strength training together burn calories and help maintain healthy body weight, lowering the risk of juvenile obesity (Vicente-Rodriguez et al., 2011).

### 1.1.2) Improved Coordination and Balance:

Taekwon-Do involves precise and coordinated movements through pattern, making it a perfect tool for young children to improve coordination and balance.

- a) **Coordination:** Taekwon-Do techniques in pattern need sophisticated movement sequences such as kicks, punches, and blocks. Repeated practise of these motions improves synchronisation between the upper and lower bodies, resulting in enhanced motor abilities. This improved coordination may be transferred to other sports and activities, allowing youngsters to thrive in a range of physical activities (Alves et al., 2017).



- b) **Balance:** Many Taekwon-Do pattern techniques, especially kicks, need a high degree of balance. Children who practice these skills acquire a strong feeling of balance and stability. This improved balance may help reduce accidents and falls in ordinary life (Yaggie & Campbell, 2006).

### 1.1.3) Weight Management:

Childhood obesity is a major problem, and Taekwon-Do may help solve it by supporting weight control in young children.

- a) **Calorie Burning:** Taekwon-Do lessons give a high-intensity exercise that successfully burns calories. Activities like as sparring and drills raise the heart rate, resulting in calorie expenditure. This may result in the loss of excess body fat and the maintenance of a healthy weight over time (Zhang et al., 2021).
- b) **Muscular Building:** Taekwon-Do training includes resistance exercises that help youngsters gain lean muscular mass. Muscle tissue burns more calories at rest than fat tissue, thus when children gain lean muscle, their metabolism improves, assisting in weight control (Donnelly et al., 2009).
- c) **Lifelong Fitness Commitment:** Taekwon-Do instils the value of physical fitness from an early age. Taekwon-Do practitioners are more likely to have an active lifestyle and prioritise their health and fitness throughout their lives (Lubans et al., 2016).

### 1.1.4) Self-Defence Skills:

While self-defence is not the main emphasis of Taekwon-Do for young children, it can teach vital skills that may create a feeling of security and empowerment.





**a) Self-Confidence:** Teaching a youngster self-defense method and learning how to defend oneself may increase their self-esteem. This self-assurance may help individuals feel more confident in potentially dangerous circumstances, both within and outside of the martial arts studio (Twemlow et al., 2008).

**b) Awareness and Prevention:** Taekwon-Do emphasizes awareness and prevention as important aspects of self-defense. Children learn to identify potentially risky situations and how to avoid them whenever feasible, which is an important life skill (Gwartney-Gibbs et al., 2009).

**c) Physical methods:** While it is not recommended that young children practice Taekwon-Do aggressively, it does teach physical methods that may be utilized for self-defense if required. These strategies are aimed at incapacitating an assailant and allowing a safe escape (Field & O'Connor, 2009).

To summarise, Taekwon-Do provides a wide range of physical advantages for young children, including increased strength, flexibility, cardiovascular fitness, coordination,

balance, weight management, and self-defense abilities. These advantages not only improve their physical health but also create the groundwork for a lifetime of fitness and well-being. Taekwon-Do's comprehensive approach to physical development makes it a good alternative for parents wishing to establish a well-rounded and active lifestyle for their children.

## **Discussion:**

### **1.2) Mental and Emotional Development:**

Let's go into the specifics of Taekwon-Do's mental and emotional advantages for young children:





### 1.2.1) Increased Focus and Concentration:

- a) **Taekwon-Do as a Mindful Practise:** Taekwon-Do is a physical activity as well as a mindful practise. The perfect execution of methods and forms necessitates that young children focus intensely on their movements, breathing, and placement (Birrer & Morgan, 2010). This strong concentration teaches youngsters to filter out distractions and be totally involved in the current moment.
  
- b) **Increased Attention Span:** Young children often have short attention spans, making it difficult for them to focus on chores or at school. Taekwon-Do training helps children develop a longer attention span by encouraging them to pay great attention to their teachers' instructions and demonstrations. This sustained attention may improve their academic performance over time (Chang et al., 2020).
  
- c) **Goal-Oriented Learning:** Children in Taekwon-Do train towards higher belt rankings by learning particular techniques and forms. This goal-oriented approach encourages people to focus on specifics and strive for development. It instils a feeling of accountability for their own growth and motivates children to focus on improving their abilities (Moon & Kim, 2017).

### 1.2.2) Stress Reduction:

- a) **Tension Release:** Taekwon-Do gives a disciplined and beneficial release for tension and pent-up energy. The physical effort and discipline necessary in training allow youngsters to release stress and anger in a healthy way. This may be especially advantageous in today's fast-paced and frequently demanding environment (Chan et al., 2012).
  
- b) **Emotional Release:** Taekwon-Do sparring and pad practise let youngsters to channel their emotions and energies into regulated physical action. This not only relieves tension but also teaches students how to regulate their emotions constructively (Nguyen et al., 2016). It allows youngsters to blow off steam in a regulated and safe atmosphere.
  
- c) **Mindfulness and Relaxation:** During warm-ups and cool-downs, Taekwon-Do often combines mindfulness and relaxation practises. These practises teach youngsters how to quiet their brains, decrease tension, and stay focused, all of which may be useful abilities for dealing with stress in daily life (Klatt et al., 2009).

### 1.2.3) Improved Self-Discipline:

- a) **Respect for Rules and Routines:** Taekwon-Do is founded on the adherence to rules and routines. Young children who practise Taekwon-Do understand the value of listening to their teachers, adhering to martial arts etiquette, and respecting their peers and instructors (Lee & Kim, 2018). This discipline goes beyond the training hall, assisting students in adhering to regulations at school, at home, and in other parts of their lives.





- b) **Personal improvement Responsibility:** Taekwon-Do promotes the notion of self-discipline when it comes to personal improvement. Children realise that their progress in Taekwon-Do is dependent on their own commitment and effort (Wen et al., 2018). This knowledge motivates people to take charge of their own development and advancement.
- c) **Time Management:** Taekwon-Do courses are organised, with fixed schedules and procedures, which helps youngsters develop strong time management skills. They learn to attend on time, be prepared for class, and efficiently manage their time, which benefits both their academic pursuits and everyday obligations (Lee & Kim, 2018).

#### 1.2.4) Confidence and Self-Esteem:

- a) **A feeling of success:** As youngsters move through the Taekwon-Do levels and learn techniques, they get a sense of accomplishment. Earning belts and attaining objectives in Taekwon-Do enhances their self-esteem, helping kids feel competent and accomplished (Mutz & Müller, 2016).
- b) **Positive Self-Image:** Taekwon-Do teachers often utilise positive reinforcement and encouragement, which helps youngsters develop a good self-image (Fierro-Suero et

al., 2021). This positivism spills over into other aspects of life, making individuals more confidence in their talents.

- c) **Dealing with Difficulties:** Taekwon-Do encourages youngsters to confront obstacles straight on. They learn that hard effort and persistence may lead to success (Mutz & Müller, 2016). This newly gained confidence allows students to face problems in school and in their personal lives with a positive attitude, feeling that they can overcome hurdles (Cheng et al., 2019).

#### 1.2.5) Emotional Control:

- a) **Emotional Control:** Taekwon-Do puts a high value on emotional control. Children learn to control their emotions via instruction and interactions with others (Chang et al., 2020). They recognise that responding impulsively or violently is counterproductive and that emotional control leads to greater results.
- b) **Respect and Discipline:** Taekwon-Do's respect and discipline ideals extend to emotional exchanges. Young children learn to appreciate their classmates and to resolve disputes or conflicts in a disciplined and courteous way (Wen et al., 2018). This promotes positive connections and social skills.
- c) **Emotional Resilience:** Taekwon-Do helps youngsters develop emotional resilience. They learn to deal with failures, losses, and disappointments with grace and dignity (Nguyen et al., 2016). This resilience is an important life trait that will prepare them for the obstacles they will face as they grow older.

In conclusion, Taekwon-Do provides a variety of mental and emotional advantages for young children. It improves their attention and concentration, gives them a healthy outlet for stress, teaches self-discipline, increases self-confidence and self-esteem, and teaches emotional control and respect for others. These abilities and characteristics not only make youngsters



more competent martial artists, but also more well-rounded persons capable of navigating the complexity of life with perseverance and maturity.

### 1.2.6) Discipline and Self-Control:

Let us look at the advantages of discipline and self-control in Taekwon-Do for young children:



## Result:

### Advantages of Taekwon-Do:

#### 2.1) Cultivation of Discipline:

- a) **Organised atmosphere:** Taekwon-Do lessons create an organised atmosphere in which children learn to follow rules and regulations (Shirley et al., 2017). They realise that everything has a time and a place, from bowing at the outset of class to obeying the instructor's directions.
- b) **Respect for Authority:** In Taekwon-Do, teachers are authority figures who compel respect. Children learn to appreciate their teachers' supervision and to follow their instructions without inquiry (Liu et al., 2019). This respect for authority may be carried over into other aspects of their life, such as school and home.
- c) **Consistency and Routine:** Regular Taekwon-Do practise necessitates consistency and routine. Children get acclimated to the discipline of training when they attend courses on particular days and times (Cheng et al., 2019). This constancy aids in the development of self-discipline.

#### 2.2) Development of Self-Control:

- a) **Emotional Regulation:** Taekwon-Do teaches youngsters to control their emotions, which is particularly important during sparring and competitive exercises. They learn not to respond rashly or angrily, but to stay calm and focused (Chan et al., 2012).
- b) **Precision Physical Control:** Taekwon-Do techniques need accurate physical control. Children must learn to regulate their movements in order to perform procedures correctly and avoid harming themselves or others (Liu et al., 2019). This bodily self-control carries over into other parts of their life, such as avoiding harmful activity.





- c) **Resisting Peer Pressure:** Taekwon-Do teaches its students how to withstand negative peer pressure. Children learn to make choices based on self-control and discipline rather than succumbing to peer pressure (Lee & Kim, 2018). This ability is essential for making healthy decisions and avoiding potentially dangerous circumstances.

### 2.3) Goal Setting and Achievement:

- a) **Goal Setting and Pursuit:** Taekwon-Do offers a framework for goal setting and pursuit. Children set their goals on higher belt rankings and practise hard to get them (Lee & Kim, 2018). This goal-setting process inspires people to strive for greatness in other aspects of their lives as well.
- b) **Tenacity:** Taekwon-Do instils in youngsters the importance of tenacity. They discover that accomplishing their objectives needs consistent work, practise, and devotion (Shirley et al., 2017). This persistent approach might help people overcome academic and personal problems.

- c) **Success:** As children advance and acquire higher belt levels, they get a feeling of success. This sense of accomplishment enhances their self-esteem and drives people to establish and achieve more challenging objectives (Mutz & Müller, 2016).

## **Conclusion:**

Finally, Taekwon-Do has several advantages for young children in terms of discipline and self-control. It creates a controlled atmosphere in which discipline is nurtured, promotes emotional and physical self-control, and stimulates goal formulation and success. These abilities not only improve their Taekwon-Do performance, but also prepare students for success in other areas of life, such as academics, personal development, and decision-making.



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