

The benefits of taekwondo essay sample



**ASSIGN
BUSTER**

There are many forms of martial arts around the world. Only a few are as popular as the Korean art of Taekwondo. It attracts many student of various age. It has the grace of a ballerina and flexibility training of yoga, mental discipline of Aikido and defense action of Judo. Taekwondo affects the individual on the mental side as well physical. Taekwondo can be practiced by anyone, even the elderly or disabled.

Taekwondo's instant ability to enhance the body makes it appealing to those who do not have time to perfect the art. Taekwondo can be practiced occasionally for its mental and physical attributes. Instructors work one on one and practice their need without sacrificing tradition. Taekwondo is physically challenging, students build strength and work with whatever skill they may have to perfect the art.

The sparring part of Taekwondo makes it a viable for of self-defense. In children it helps with their physical and emotional confidence and self esteem. Women find Taekwondo as a helpful art to learn self-defense. However, sparring is a part of the art of Taekwondo.

Taekwondo is great for the stomach muscles and legs. Women are attracted to the art as a way to tone their body. Taekwondo is a great form of aerobic exercise with out adding bulk, but not as strenuous as Karate or gymnastic arts or weightlifting. It can be practiced anywhere and does not need special equipment.

Taekwondo, unlike Jiu Jitsu, Taekwondo does not involve in potentially deadly moves. It doesn't have grappling or wrestling. The emphasis is on personal empowerment. Taekwondo is safe and simple to learn, though it

does demand a degree of discipline. The multiple benefits of the Taekwondo art are noticeable in its popularity.