Taekwondo and chinese martial arts with traditional korean

Taekwondo is a Korean martial art, characterized by itsemphasis on head-height kicks, jumping and spinning kicks, and fast kickingtechniques.

The name Taekwondo means the way of the foot and fist. Variousmartial artists combined the elements of Karate and Chinese martial arts with traditionalKorean martial arts traditions in the 1940s and 1950s. Taekwondo, usually wasthought by most people as just a way of fighting and as being a brutal sport.

People consider it brutal because of the kicks, punches, throws, and arm and wristlocks as they usually are not open minded enough to see the way it benefitspeople especially children. Although a majority of it includes fighting, taekwondo also helps a person with self-confidence, self-defence anddiscipline. The eye is the organ of sight and isshaped as a slightly irregular hollow sphere.

Various structures in the eyeenable it to translate light into recognizable images. Among these are thecornea, the lens, and the retina. When the opponent image light rays reflectoff and enter the eyes through the cornea, you can then see that image.

The cornea bends, or refracts, the rays thatpass through the round hole of the pupil. The iris opens and closes, making thepupil bigger or smaller. This regulates the amount of light passing through. The light rays then pass through the lens, which changes shape, so it canfurther bend the rays and focus them on the retina.

The retina, which sits atthe back of the eye is a thin layer of tissue that contains millions of tinylight-sensing nerve cells. These nerve cells are called rods and cones becauseof their distinct shapes. Cones are concentrated in the centre of the retina, in an area called the macula. When there is bright light, cones provide clear, sharp central vision and detect colours and fine details. Rods are locatedoutside the macula and extend all the way to the outer edge of the retina. Theyprovide peripheral or side vision. Rods also allow the eyes to detect motionand help us see in dim light and at night. These cells in the retina convertthe light into electrical impulses.

The optic nerve sends these impulses to thebrain, which produces an image. The ear is one of thesensory organs that help us to hear. An interesting point to note is that theear not only helps in hearing but also helps us to maintain the balance andequilibrium of our body. Without the ear, we would not be able to balance ourbody with respect to the gravitational pull of the earth. The inner ear is the partthat helps us to balance our body. The inner ear is involved in both thefunctions of hearing and balancing.

Two structures of the inner ear helpto maintain balance and equilibrium. The three semi-circular canals that areinterconnected and positioned at right angles to each other just like agyroscope. The vestibule has the saccule and utricle that connects thesemi-circular canals to the cochlea.

The semi-circular canals and the vestibuleof the inner ear together help to maintain the balance and equilibrium of thebody. Extreme vibrations can rapture the eardrum and ossicles causing hearingloss. Therefore, protective

gears should be wear during a sparring. In terms of sparring, it isdivided into one-step sparring and free sparring.

One-step sparring consists oftwo partners exercising pre-arranged, attack and counterattack techniques. Eachbelt level has three, one-step sparring techniques they are responsible forlearning. One-step sparring is the first step to free sparring. Practicing one-step sparring requires a highlevel of concentration and cooperation on the part of both people. The attackermust perform each attack with proper execution and consistent timing. Thedefender must react to the attack and counter attack without hesitation. Techniques should be practiced extensively to a point where they develop a sub-motorpattern that reacts out of instinct, without having to stop and think.

In freesparring, only light-to-medium contact is made. Protective gear is worn in accordancewith World Taekwondo Federation (WTF) standards. Only yellow belts and aboveare eligible to participate in contact free sparring. Hand and foot techniques areexecuted according to World Taekwondo Federation rules in order to score pointsagainst your opponent. Although students are attacking and defending with greatspeed and power, the emphasis is on controlled techniques, skills applicationand safety. Each sparring round is formally begun and ended with a bow ofmutual respect. In the mechanism of sidekicking, the first step is the athlete stands in the L-stance forearm guardingblock and the right foot forward.

Both feet should be slightly pointed inwardsand the toes of the foot at the front should be lined up with the heel of theback foot. Both knees are slightly

bent. The term ‘ starting posture’ comprisesinformation on the stance and the place where the attempted attack starts. The athlete moves the back foot forward in the direction of the intendedimpact. The hands are held up in a guard. When the feet have touched theground, the ankle joint tenses and the athlete energetically pushes the right footoff the ground.

As a result of the right foottake-off the force pushes the foot upwards. Further movement is facilitated bythe muscles of the lower limb taking control over the movement. Thus, the kneeand hip joints are extended (J Hum Kinet, 2011). In the comparison of athleteversus the non-athletes, non-athletes tend to get an injury faster thanathletes as their muscles durability and flexibility is not trained. Furthermore, it takes more time for the injury to heal for non-athletic person. Most athletes, have a special recovery sessions.

That is how they are muchstronger in the case of muscles durability. Athletic types have better overall health and has lesspercentage to develop certain diseases such as type 2 diabetes andosteoporosis. Regular exercise boosts your immune system and lowers the risk ofserious health conditions such as cancer and heart disease. Physical activitycan also maintain cholesterol levels and blood pressure. People who are in good shapephysically have greater aerobic capacity, meaning their lungs and heart areable to provide more oxygen to muscles. They have also learned how to breatheproperly during exercise through training and coaching.

Oxygen diffusion rateof athletic person is higher because of their lung capacity such as the ribcage enlargement and diaphragm contractions,

which decreases the pressure inlungs thus increase rate of diffusion. They also do the proper warm upexercises before competing. As long as there is enough oxygen, the body willnot generate lactic acid to get the energy it needs. Athletes also know how topace themselves and not sprint more often than necessary. Frequent sprintingwill result in lactic acid build up.

Every person wants to feelsafe. Every person wants to be able to protect him or herself and loved ones. For this reason, many people turn to martial arts. Taekwondo offers a personall the tools and techniques needed to adequately protect themselves if needed. In addition to blocking, kicking and striking techniques, students will learngrabs, throws, and techniques to free themselves from an attacker.