Benefits of Taekwondo

* Enhance self-esteem by heightening your physical and mental power.
* Build confidence by encouraging you to succeed, make progress and take control of your life.
* Develop discipline by thoroughly training your body and mind in the tenets and techniques of Taekwondo.
* Teach self-defense by training you to recognize situations in which physical self-defense may be necessary and teaching you how to control such situations to your advantage.
* Strengthen your mind and body through increased physical coordination and mental discipline.

**EXERCISE**

Taekwondo strengthens your body and improves your health through physical exercise and conditioning. Isometric and dynamic tension exercises will allow you to gain better muscle tone and more strength. Regular stretching enhances flexibility, while breathing and concentration exercises lead to sharper reflexes and senses.

Develop patience, confidence, self-discipline, inner calm and a consistently positive mental attitude.

**STRESS RELIEF**

Serotonin is a chemical produced by your brain which produces feelings of happiness, joy, elation and calmness. This is something that can help you fight things like depression, anxiety and things which are caused by a lack of serotonin in the brain and overall imbalance of neurochemicals.

Taekwondo can work to improve not only your physical health but your mental well-being as well.

**FLEXIBILITY**

Practicing Taekwondo involves stretching before and after class. Stretching helps loosen and limber your muscles getting them ready for strenuous activity and greatly reducing the chances of suffering from an injury such as a pulled muscle.

Having better flexibility is also beneficial because it helps reduce back pain and increases your ability to balance.

**GOAL SETTING AND DISCIPLINE**

Taekwondo isn’t just about the physical, it has much to do with mental discipline as well. Learning the various aspects of Taekwondo and perfecting them involves goal-setting. Reaching goals involves self-discipline. As in life, mastering these two skills will produce dividends that reach far—whether in school, work, and relationships.