

**Taekwon-do,
Korean Art Of Self Defence
Helps The Practitioner Improve Physically, Psychologically And Socially**

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ABSTRACT

Taekwon-do, Korean art of self-defence spreads throughout the World as a "wild fire". These papers are presented to introduce different aspects of Taekwon-do and its influence on the practitioners.

Studies from different literatures in a condense form present the history of the Martial Arts, the history of TKD and its founder General Choi Hong Hi whose noble character is worth imitating.

Small research was made among TKD students to support the literature and present to students and their parents positive aspects of this art, where the lack of bulletins and small publications does not allow the introduction of TKD to everyone. This study concludes that TKD influences its practitioners improving them physically, psychologically, and socially.

THE ORIGINS AND DEVELOPMENT OF THE MARTIAL ARTS

Martial Arts are old as mankind. The first people's activities were hunting, fishing, and farming which fed them and also fighting which protected them against animals or other human beings.

There is no evidence where the first art of fighting was developed but throughout the World many styles of combat which used foot and hands, were known.

Many historians in their research about Martial Arts emphasise that the cradle of Martial Arts is the Far East.

However, the oldest relicts of the human material culture, such as the paintings in tombs along the Nile and the hieroglyphic inscriptions found in the pyramids say that the Egyptians had a form of open hand fighting similar to boxing about 3000 B.C. (Choi Hong Hi, 1983, p. 26).

Also the reports from Mesopotamia and Sumer (3000 B.C.-2300 B.C.) inform about open hand fighting techniques practised by the warriors (Choi Hong Hi, 1983, p. 26).

Between 900-700 B.C. in Greece one part of the educational system called kalos kaghatos (beautiful and good) were pugilat - fist fighting and pale - wrestling.

The connection between those two kinds of fighting, known as the pancratium was introduced for the first time in the 33rd Olympic Games (648 B.C.) and was regularly practised in the latest Olympiads (Fechner P., 1985, p.9).

Combat also provided entertainment during full-bloom of the Roman Empire where the Gladiators fought for death or life using different techniques and the whole body as a weapon (Choi Hong Hi, 1983, p. 26).

In China the largest number of Martial Arts were developed in comparison to the other countries in the Far East. Founders of these styles observing and animating animals transformed their movements into foot and hand techniques. The combat called palagwee was practiced there about 200 B.C. (Choi Hong Hi, 1983, p. 27).

In Europe valiant Vikings practised their own kind of fighting arts using different weapons, legs and open hands as well. As we can see nearly each part of the World has its own history linked with the arts of fighting. Encyclopedia of Taekwon-do (Choi Hong Hi, 1983, p.27).

Throughout the world numerous styles of hand and foot fighting have been developed, each of which reflects the needs of the time and the varying historical and cultural background of the country where it originated. In China open hand fighting is called Kung-Fu or Daeji-Chon; in India Salambam; in France Savate; in Japan Judo, Karate or Aikido or Jujitsu; in Russia Sambo; in Malaysia Bosilat; in Thailand Kick Boxing; and in Korea it is known as Taek-Kyon, Soo-Bak-Gi and Taekwon-do.

THE HISTORY AND DEVELOPMENT OF THE MARTIAL ARTS IN THE KOREAN PENINSULA

In the Korean Peninsula, between the 1st century B.C. and the 7th century A.D. there were three Kingdoms: Silla, Koguryo and Baek Je. Silla, the smallest one was permanently under invasion of the bigger neighbors which plundered villages, towns stealing goods and killing citizens. The 24th King of Silla in protecting his kingdom formed the troops of fighting men called the Hwarangdo which means Way of the Flowering Manhood (Lewis P., 1987, p. 14).

These young aristocrats through very hard physical and mental training, through discipline and courage became known in the peninsula and inspired fear and respect in the enemies. Their five-point code:

1. Be loyal to your king
2. Be obedient to your parents
3. Be honorable to your friends
4. Never retreat in battle
5. Make a just kill

was their guide in behaviour and also expressed their loyalty and patriotism (Choi Hong Hi, 1983, p. 29).

Hwarangdo warriors also practiced the old and primitive arts of fightings such as Taek-Kyon and Soo-Bak-Gi (Choi Hong Hi, 1983, p. 30) but through their very high ability and principles of the Hwarangdo they created a new concept of these arts giving them a new dimension (Choi Hong Hi, 1983, p. 30).

Between 1401 and 1408 the 3rd King of the Yi Dynasty organised a strong army based on experts from Taek-Kyon, Sirum, archery, stone throwing and Soo-Bak-Gi (Choi Hong Hi, 1983, p. 31) but when years went by the Martial Arts started slowly disappearing from the Korean scene because of a period of civil enlightenment and anti-military movements (Choi Hong Hi, 1983, p. 35).

The years from 1909 to 1945 was a period when the Korean Peninsula was under Japanese occupation and practising any Martial Arts was restricted. Some dedicated instructors of Taek-Kyon (Sang Duk Ki, Han Il Dong and a few others) secretly taught this art (Choi Hong Hi, 1983, p.35).

The liberation of Korea in 1945 again opened the way to full bloom the Martial Arts in Korean Peninsula and the origin of Taekwon-do.

HISTORY AND DEFINITION OF TAEKWON-DO

The history of Taekwon-do is also the history of one human being's life, the founder of this art, General Choi Hong Hi. As he said in an interview given to Combat the English Martial Arts Magazine, in March 1991 "When I leave my house I say if ever something happens to me I want Choi Hong Hi and taekwon-do on my coffin. Choi Hong Hi [and] TAEKWON-DO [are the] some things."

General Choi Hong Hi was born on the 22nd of December in 1918 in Hwa Dae, Mong Chun District on the territory of the present Democratic Republic of Korea (Brzozowski, 1989, p. 9).

After his removal from school for anti-Japanese propaganda his father sent him to study calligraphy under Mr Han Il Dong who also was a Master of Taek-Kyon. His Teacher began teaching him this art and through rigorous exercises he helped to build up his weak body (Choi Hong Hi, 1983, p. 241). He also influenced him to be patriotic and brave but Choi discovered that the techniques in Taek-Kyon were very limited.

At the age of 19 young Choi Hong HI went to Japan to continue his education and there he finished the University in Tokyo. Studying in Japan he also practised Karate achieving the successive ranks in this art.

In 1943 he came back to the country where he was enlisted in the Japanese army without his consent. For anti-Japanese activity in Pyongyang Student Soldiers Movement he was interned at a Japanese prison.

After World War II, following his release he went to Seoul where started his career in the army simultaneously propagating Martial Arts (Combat, 1991, p. 22; Brzozowski, 1989, p. 9).

Teaching Karate lieutenant Choi Hong Hi "(...) felt there was something missing (...)" (Combat, 1991, p. 22) so based on his knowledge about Taek-Kyon and Karate he started to develop Taekwon-do techniques. Step by step by 1954 the fundamental movements and eight patterns were finished by Hwarang which refers to brave Hwarangdo troops in Korean history (Combat, 1991, p.22).

This developing new art was supported by principles of Newtonian physics and expressed the traditional philosophy of the Orient and personal philosophy of the author. In April 1955 the 11th General Choi Hong Hi decided to name his art Taekwon-do (Combat, 1991, p. 22; Choi Hong Hi, 1983, p. 48; Lewis, 1987, p. 14)

Taekwon-do translated literally [means] tae, stands for jumping or flying, to kick or smash with the foot. Kwon denotes the fist-chiefly to punch or destroy with the hand or fist. Do means an art or way - the right way built and paved by the saints and sages in the past. Thus taken collectively, indicates the mental training and the techniques of unarmed combat for self-defence as well as health, involving the skilled application of punches, kicks, blocks and dodges with bare hands and feet to the rapid destruction of the moving opponent or opponents [this is also] a way of life (Choi Hong Hi, 1983, p. 21).

Still developing Taekwon-do started spreading through the World. In 1959 the military Taekwon-do demonstration team visited South Vietnam and Taiwan. It was the first time when Taekwon-do was shown to non-Korean's (Choi Hong Hi, 1983, p. 40). Also in the same year the first book written by General Choi Hong Hi about TKD - (the official abbreviation of Taekwon-do) appeared in which the author rejected last Karate techniques from TKD (Brzozowski, 1989, p. 9).

In 1963 the last work about techniques was finished with the 24th pattern named TONG-IL.

The years from 1963 to 1983 were the full-bloom of this art. TKD has become well known. Today is practised in many countries around the World.

This situation and the intense efforts of the founder of this art allowed to form the International Taekwon-do Federation on 22 March 1966 with association of nine countries (Brzozowski, 1989, p. 10, Choi Hong Hi, 1983, p. 252; Lewis, 1987, p. 14).

This is also the time when the first championships took place. These were the main tournaments in 1969 the First Asian TKD Tournament in Hong Kong, in 1974 the First World TKD Championships in Montreal, in November in 1980 the First All Europe TKD Championship in London, in 1981 the First Pacific Area TKD Championship (Choi Hong Hi, 1983, p. 252-263).

Daher wrote (1992) that "TKD has spread like wild fire all over the world".

The year 1983 closed the very important period of the origination of TKD. General Choi Hong Hi edited his 15-volume work the Encyclopedia of TKD and the art of the former calligraphy student is now practised by more than 1 million students throughout the World from 96 countries - members of ITF (Brzozowski, 1989, p. 11).

Such bloom of TKD was possible thanks to the founder's activity who, in spite of 74 years of age has never retired and is spreading this art consequently up to today, helping the practitioners improve physically, psychologically and socially.

TAEKWON-DO - PHYSICAL FITNESS AND HEALTH

An old adage - healthy in body, healthy in spirit in spirit-seems to fit very well to TKD because TKD training effects both, physically and mentally.

TKD can be practised everywhere by everyone and provide many values. When we say "by everyone" we mean: children, youth, adults also girls and boys, women and men. When we say that it provides "values" we mean reasons why people train TKD and how TKD can be beneficial to them. When we say "everywhere" we mean all places where it can be practiced without special and complicated equipment.

"TKD in most cases [is] practised alone expect the sparring. Since the body sets its own limits, injuries or strains are rare and the physical condition of the student paces him automatically the

entire system of the body from the fingers to the toes is brought into play" (Choi Hong Hi, 1983, p. 69).

People practice TKD for many reasons. Some of them are: for health, for self-defence, for competition or just simply because they love it. In this criteria we can regard TKD training as:

1. TKD as Martial Art
2. TKD as Martial Sport
3. TKD as Self-Defence

Under the age or sex criterion TKD training can be divided into two groups:

1. for children and adults
2. for male or female

There are other criteria depending on many factors. Generally each training unit consists of three parts:

1. warm-up (initial part)
2. body (main part)
3. warm-down (relaxation)

Warm-up exercises prepare the muscles and ligaments for more intensive work in the main part of the training preventing the practitioner from contusions, "thanks to increasing blood volume flowing through the muscles they promote flexibility of joints, tendons and ligaments (Bryl, 1990, p. 22). Slowly increasing the intensity of the warm up exercises rises the activity of the nervous system stimulating higher metabolism. The higher body temperature stimulates respiratory system providing more oxygen to the body increasing ability of the organism to the higher effort (Bompa, 1988, p. 17).

After warm-up the main part of the training begins and different features are developed, depending on the criterion.

During the high repetition of the techniques "low resistance movements develop a longer and more flexible musculature. Such muscles have more of their areas close to blood supply routes, thus producing maximum endurance and well being" (Brown, 1968 cited by Choi Hong Hi, 1983,p.69).

TKD kicks and hand techniques combined together can be performed from the ground and in air (roundhouse kick, side kick, twisting kick, etc.). "Emphasise in twisting the trunk, build a firm muscled abdomen" (Choi Hong Hi, 1983,p.70). many leg techniques such as reverse turning kick, reverse hooking kick, downward kick, side turning kick and many others performed on high (head) level "also develop the side of the trunk and inner thigh muscles" (Choi Hong Hi, 1983,p.70).

Such exercises and techniques at women class's can be very beneficial for them because "of this development of the lower abdomen, hips and inner thighs, areas which produce a youthful figure for women of all ages. After childbirth in particular, these areas are stretched and weakened. TKD training is ideal to restore muscle tone for health as well as appearance" (Choi Hong Hi, 1983, p.70).

Also in main part of the training practitioners work out their speed performing very intensive short exercises. Through intensive movements of the body they build speed with technique which is extremely important for those raise the pulse rate and oxygen characteristics of the heart and lungs over the extended period. This aerobic effect (reported in Coopers study from 1968), provides the following benefits:

1. Helps the lungs operate more efficiently
2. Enlarges the blood vessels them more pliable and reducing the resistance to blood flow, thus lowering the diastolic blood pressure.
3. Increases the blood supply, especially red blood cells and hemoglobin.
4. Makes the body tissue healthier in supplying it with more oxygen.
5. Conditions the heart providing more reserve for emergencies.
6. promotes better sleep and waste elimination.

Moreover Mcloy cited by Choi Hong Hi (in his Encyclopedia of TKD page 70), suggest that TKD offers and develop features which could be used in other sports. They are:

1. Muscular strength
2. Dynamic energy-the ability to throw oneself into performance with vigor.
3. Ability to change the direction of movement.
4. Agility-the ability to move the body quickly from one place in space to another.
5. Flexibility of joints, muscles and ligaments.
6. Peripheral vision.

7. Concentration and ability to avoid destruction.
8. Understanding the mechanics and techniques of body movements.

People who have problems with obesity TKD training can normalize their weight because "the estimated calorie consumption for a vigorous TKD workout is about six hundred per hour, one of the highest for any sport activity. Since the expenditure of about 3500 calories results in a weight loss of one pound (350-500 grams) it will be seen that a weekly training schedule of only six hours will result weight loss of one pound per week" (Chol Hong Hi, 1983,p.70).

All TKD exercises develop all important features which can be beneficial to children. The young developing organism needs such activity which can be achieved by training just one art. Different sports disciplines create many features but usually they emphasise a few of them. For instance : in basketball-ability to jump, strong arms, abdomen and legs; in soccer-speed, strong legs; tennis-strong arms, legs and shoulders. TKD training develops most of these. Under a qualified instructor, who has enough knowledge to combine training with play making it pleasant and not boring. Children are very good material. They express themselves truly so the smile on their faces during training or after it is a good sign of health, well being, and happiness, and it is an indicator whether the training was good or bad.

Most people insure valuable property and assets such as cars, houses, and health, but learning TKD for self-defence through their knowledge and ability can protect themselves in unexpected situations where there are no rules. They also do not have to wait for something to happen to get the benefit of it, they already have got it.

In TKD the final phase of technique is finished by breath out. The same importance has "yell which is not practised in many disciplines". Yell serves to lighten the lower abdominal muscles to prevent injury in the event of an unexpected counter-attack. In the complete exhalation of the yell serves to expel the tidal air of the lungs thus increasing the breathing or vital capacity of the lung" (Chol Hong Hi, 1983,p.71).

In the last part of the TKD training there are warm-down exercises where the intensity of exercises slowly decreases, conducting all organs into the stage before training. It is a very important process because it speeds up the restoration of the body and decreases the acid level in the muscles (Bompa, 1988,p.24).

At the end of the TKD training unit students meditate for one minute. However "this is different meditation to Zen Buddhism. Students sit calmly and think about their mistakes in class" (Combat, 1990,p.26).

As in any physical activities in which the body is involved TKD training can cause injuries both compared to other disciplines there are less. On the professional level they occur more often during training than tournaments. The main causes of these injuries, listed by Bryl in 1990 are:

1. overtraining
2. extreme straining of the muscular and bone system
3. inadequate technical preparation of the competitor to the competition
4. injuries not healed properly and the participation in the tournaments for the sake of all ambition.

The above mentioned injuries do not occur if the level and qualifications of the instructor are adequate.

TAEKWON-DO-PSYCHOLOGICAL IMPROVEMENT AND SOCIAL EFFECT

After World War II, which divided the whole World into competitive blocs, the style of life has changed. People have started to run for goods and money. Those who had them wanted to have more, those who did not have any were frustrated directing their anger in destructive activities. This also influenced people's behaviour and World vision. Some of them acted with blind anger using violence and destruction, the others who could not resist this high pressure isolated themselves turning to alcohol and drugs.

This situation has caused a decrease of morality and the decrease of the significance of example characters who were popular before the Second World War.

Also different Martial Arts, which started spreading throughout the World, showed very good abilities of the performers but no understanding of the philosophy and the mysterious atmosphere surrounding them was not accepted by western societies because of their materialistic and consumptious life style.

In 1955 TKD appears on the Martial Arts scene, as the modern art. both technically and mentally. The popularity of TKD increases very much and it spreads throughout the World as a "wild fire". It is possible because TKD is able to compensate for the prevailing sense of emptiness, distrust, decadence, and lack of confidence (Choi Hong Hi, 1983, p. 39).

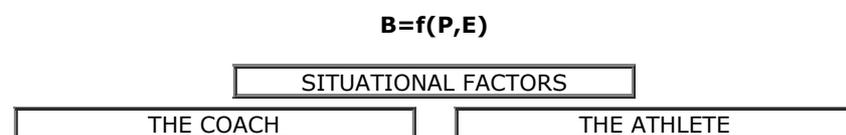
Through the mental aspect of this art. called moral culture, TKD carrying social-educating contents, shows the way of acting concretised by five fundamental tenets:

1. courtesy
2. integrity
3. perseverance
4. self-control
5. indomitable spirit

These tenets and oath repeated by all TKD students who begin to learn self-discipline and self-control practising the art., determine the ethical norms. The self-discipline and self-control, emphasised by Chol Jung Hwa and Bryl (1990) are also indispensable conditions of using TKD with its destination as a "shield" not as a "sword" carrying pain and devastation.

The philosophical sentences of the Confucius quoted in the text and examples of acts of the noble characters from Korean history contained in patterns, clarify the mental effect of TKD making it understandable.

However all of it can be achieved only under the directions of a qualified instructor who through his knowledge, abilities and creation of the situational factors, influences and directs the students, creating their personality. Personality expressed by behaviour, which is a product of the person and environment (Levin, K(1935), cited by Carron (1980), p.7-8). It is defined also by the formula below:



P- person and presented in figure 1:

E- environment and presented in figure 1:

According to them also the practitioner influences the instructor in the same way, so the task imposed on him are very important. Seeing the acting of the students through his behaviour the teacher has to correct him both technically and mentally to achieve the expected effect. Such instructor must possess the following features (Choi Hong Hi, 1983,p.87):

1. strong moral and ethical standards
2. clear outlook and philosophy in life
3. responsible attitude as an instructor
4. scientific mind in matters of technique
5. knowledge of the vital spots of human anatomy
6. unshakeable integrity in political and financial dealing
7. dedication to spread the art. Of TKD throughout the World
8. one who gains confidence from his seniors, is tested by his fellow instructors, and is respected by his juniors.

Only under such instructions the students can improve himself psychologically and socially.

In TKD class the practitioner is responsible for observing the etiquette before training and after it. He has to bow to the instructor and to the senior students. This activity reminds to be polite to another person and to distinguish the instructor from students, senior from junior, and older from younger (Choi Hong Hi, 1983,p.15).

TKD student also has to be integrate and must distinguish right from wrong. He can realise it through practising the techniques. Right and proper ones work very well, wrong ones do not work. So his knowledge and personal feelings transformed to life give him the information what is wrong and what is good. Some examples of lack of integrity listed by the author of Encyclopedia of TKD (vol.1.p.15-16), known by practitioners also can relate to everyday life. They are:

1. the instructor who misrepresents himself and his art by presenting improper techniques to his students because of lack of knowledge or apathy
2. the student who misrepresents himself by "fixing" breaking materials before demonstrations
3. the instructor who camouflages bad techniques with luxurious training halls and false flattery to his students
4. the student who requests rank from an instructor, or attempts to purchase it

5. the student who gains rank for ego purposes or the the feeling of power
6. the instructor who teaches and promotes his for materialistic gains
7. the student whose actions do not live up to his words
8. the students who feels ashamed to seek opinions from his juniors

Preserverance is the third tenit of TKD. The praticioner through repetition of the exercises is mastering his ability of achieving goals. This is the only way to be succesful. As a feedback is grading where the patient and hard working students passes it with success. Such moments are also the time for reflection and summary of the job, and prepare him for the next step.

During the training or competition student has to control techniques and reactions to protect himself and partners against contusions. He also has to control his emotions. If someone accidentally fouls him he has have enough self-control not to react in the same way. In contrary to everyday life the practitioners of YKD have more opportunities of building this feature.

He also practises his courage known as the fifth tenit of TKD named indomitable spirit. Throughout hard training and taking part in competition the practitioner of TKD stands in front of the opponents and has to overcome his weakness to show the best ability. Very often during team fights a small competitor can met a taller and stronger opponent. Such experience with the connection and knowledge of the previous four tenets allow to stay without any fear or hasitation trusting the truth and justice created by fighting rules.

Living in communities we have to respect the law and rules. Also needs of the members of the community, such as self-fullfillness, proper social status, well being, satisfaction, have to be fulfilled well and respected by others. According to Maslow (1943), cited by Carron (1980) needs of the people are hierarhed as follows:



Looking the hierarhy ledder we can say that most of them, besides psychological beeds, are satisfied through TKD do jangs (training gyms), even for those who represent typical consumption character.

TKD teaches how to be humble. All time practitioners know that all they have is not enough so it is no reason to let the whole World know how good they are because always there is someone better. Such situations directs to the self-criticism. Also through respecting others students ranks practitioners learn how to be frugal, respect of elders and they know their own places.

The system of ranks in TKD also teaches the student how to choose a proper goal because it is not possible to skip from white belt to the black missing the others. It can be beneficial in everyday life realising big things through going to them step by step and how to choose propers semi-goals.

Concentration on technique in Choi Hong Hi (1983,p.74), can be beneficial in preparing youth not only for taking his place in society but also teaches tenacity and concentration decreasing the tensions and pressure effectuated by the vigors of longs tedious hours of study.

TKD training creates the ability to lead increasing courage and selfconfidence. Leadreship is very important for young students. Learning under truely instructor-leader they develope a growing body and mind in proper direction, being prepared for life in the community.

Hard training unites all studets regardless of religion, race or ideological boundaries. The Juche ideology emhasiseing the importance of man does not affect students who belive in God. Also all students are in the same circumstances, they have to train hard regardless if they are white, balck or yellow, orr if they are communist or capitalists.

All important moral aspects of TKD are emphasised and summarized by the song of TKD where students sing. We are learning TKD with the purpose of building a better and more peaceful World. So let us develop a noble character with fantastic technique to keep fighting for the weaker as a missionary of humanity and justice.

TKD has blossomed again after long hibernation and it has been fast spreading everywhere regardless of religion, race and is under the ideal of courtesy, integrity, perseverance, self-control, and indomitable spirit (Choi Hong Hi, 1983,p.19).

TAEKWON-DO IN STUDENTS OPINION-ANALYSIS OF THE QUESTIONNAIRE

The small research was made to support the literatures. The 25 questionnaires were spread among the students from biggest TKD club supervised by the south Australia TKD Academy. This research was based on 10 which were filled out.

50% of the asked students were between 9-12 years of age and 70% were not over 22 years of age. Also 60% of the researched students were male and 40% female. Nearly all of them (90%) have been training TKD up to 24 months and 50% up to 12 months. They are involved in training 4 hours per week (90%), and they hold the low students grade up to 6 cup (90%).

Answering the questions: does TKD help to build your physical fitness, all of them responded affirmatively emphasising that TKD helps to improve a lot: flexibility (100%), ability to jump (80%), power (80%), speed (90%), coordination (100%), and balance (100%). An interesting fact is that no one said that TKD does not improve these features at all.

Also they confirmed that TKD improves a lot such features as consistency in aiming and goals (70%), concentration in activities (90%), cooperation with partner (80%), courtesy (80%), honesty (60%), kindness (60%), systematically (50%).

A little TKD improves punctuality (40%), taking risk easily (70%), acceptance of environment(60%).

All of the questioned students agreed that TKD can be competitive to other sports, although 60% of them practise other activities such as: soccer, tennis, softball, athletics.

The part of TKD liked the best, are techniques (100%), patterns (90%), fights (60%). The power tests are liked a little (60%).

Students also like physical training and demonstration a lot (70%), but 50% of them do not like or only a little tournaments.

Nearly all of them (90%), know the name of the founder of TKD, and also 90% know the tenets of TKD. 20% of them announced that they are helpful in everyday life a little and 70% that a lot.

In questions 17 and 18 students were asked about their goals in TKD. Most of them answered that they want to achieve in short distance the higher rank and become better. In long term they would like to achieve the black belt, more abilities which allow them to defend themselves very well, fitness, to meet more friends, and ability to get someone on the ground.

It is satisfying that not advanced TKD students know the tenets of TKD and the name of TKD founder. As General Choi Hong Hi said in an Interview (daher 1991, p.4) that "every TKD student must know history of TKD otherwise there is no room for advancement."

Also there is no doubt that TKD improves the practitioners physically, 100% questioned students answered positively. Most of them emphasised that TKD develops some features of character which demonstrate the psychological and mental influence of TKD.

Probably for 60% asked students 4 hours training is not enough so they practise other activities.

The high percentage of students answering that they do not like tournaments can be explained by the fact that they are not advanced enough to take part in them so they do not have the experience or knowledge to answer this question properly.

The students goals in TKD express the physical aspect (fitness, become better), psychological (self-defence), and social (to meet more friends).

CONCLUSION

In the light of advantages TKD can be very beneficial to the practitioners. Through its physical and mental aspects TKD influences the students improving them physically, psychologically, and socially.

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