

THE BENEFITS OF TAEKWON-DO FOR WOMEN

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ITF Taekwon-Do has many benefits, including physical, mental, social and familial benefits. These benefits are important to women and men, adults and children. So to emphasize the advantages of Taekwon-Do especially for women we need to take a look at what women find important, what their concerns are or what bothers them.

Many women are concerned about their weight and the shape of their body, they hate the idea of gaining weight or the fact that their body is no longer in a good shape. Especially the idea that others could see or think this... it's horrifying (it's all in the mind).

Many women want to stay young, or at least look young (or younger). Many women want to stay or become healthy.

So let's take a look at what ITF Taekwon-Do can offer women.

Physical benefits

Taekwon-Do training increases general physical fitness. There's also an increase in physical strength, involving all muscles. Taekwon-Do does not create big bulky muscles (which is great, because most women don't seek physical bulk); Taekwon-Do develops a stronger, leaner body – a body that has a nice shape. Taekwon-Do training also works muscles throughout the body, so the whole body is supported, developing and maintaining good posture.

Repetition of kicks uses muscles around the hip and lower abdomen, so these

Kicking and jumping strengthens the bones. This is especially important for women, because osteoporosis or weakening of the bones is common when getting older.

By doing Taekwon-Do on regular basis, it's easier to maintain a healthy weight. The estimated calorie-consumption for a vigorous Taekwon-Do workout is about 600 calories/hour. Popular diets become unnecessary. It's possible to maintain a healthy weight the "fun" way: maintaining a balanced diet together with regular exercise through Taekwon-Do. And it is much safer for the body to maintain a good weight than to oscillate weight-gain then diet, weight-gain then diet.

Kicking and punching a target is also a huge stress relief, which is perfect after a busy day

Taekwon-Do helps women to feel better about themselves, to like themselves more, to feel more positive. By practising Taekwon-Do, women also develop better self discipline, and this will help them in daily life.

Social benefits

During Taekwon-Do classes women learn how to defend themselves and they will develop the mental strength to use these self defence skills if it becomes necessary. The increased confidence helps women feel safer in their daily lives. Taekwon-Do students also learn awareness and simple strategies to avoid dangerous situations before they occur.

parents in the family, which improves life within the family.

Conclusion

ITF Taekwon-Do is extremely beneficial for women, and it's also fun! Girls just want to have fun, don't they?

Through Taekwon-Do women develop both physically and mentally, learning new things the whole time and, contrary to many other sports and activities, men have respect for women. There's no "macho" culture within the ITF Taekwon-Do family.



Most women want to participate in physical activity, although with very low risk injury, and they don't want to practice all by themselves as it's much nicer suffering altogether in group!

Most women seek the right balance between their job and the family, while still retaining spare time left for themselves: being a perfect mom, a perfect wife, a perfect employee, having the house spic-and-span, while having time for hobbies and friends.

It is almost certain that all women want to feel safe. They want to be able to walk the streets of their hometowns without feeling they put themselves in danger. And if they could have more self-confidence, that would be great, too.

muscles tend to improve tone. Aren't these problem zones for most women? In this way, Taekwon-Do training leads to a more feminine figure. Moreover, Taekwon-Do training tends to exchange flabby fat tissue for lean tissue.

After childbirth in particular, some areas are stretched and weakened; Taekwon-Do training is ideal to restore lost muscle tone.

Practising Taekwon-Do also increases flexibility. Already many women are more flexible in their muscles than men, which is a big advantage in Taekwon-Do, and through training their flexibility gets better and better. This flexibility helps to slow the ageing process a little. Taekwon-Do also increases flexibility of the joints.

at work or after solving the latest argument between the kids. Channelling this stress is perfect for body and mind.

Regular Taekwon-Do training at a participatory level with a qualified instructor also carries a fairly low risk of injury. Taekwon-Do is practised without the use of weights or special equipment and since the body sets its own limits, injuries are reduced.

Mental benefits

Through Taekwon-Do women will get mentally stronger, which helps when life gets tough. Mental and physical strength are great for building self confidence and boosting self esteem.

Familial benefits

Taekwon-Do is a martial art for the whole family. Women can practise Taekwon-Do together with their partner and/or children, and every member of the family can develop skills at his or her own rhythm and pace. So no more worries about quality time with the family! By joining classes together women find a single solution to multiple concerns: being available for the children, being together with the partner and having time to workout and develop their own skills.

Of course, Taekwon-Do also has great benefits for children, including enhancing a strong values system through the *Do* and reinforcing the role and authority of

Because of the scientific background of Taekwon-Do, designed by General Choi Hong Hi, the speed's dominance over mass, it's well suited to women, and smaller, lighter people.

Through Taekwon-Do training women get physically fitter and stronger and by toughing out hard training sessions and facing their fears they develop mental strength. Strength is an underlying thing with women. They can use it when they need it and they can turn on aggression if they really need to, while the strength of great female Taekwon-Do practitioners is hidden underneath a layer of gentleness. They're calm, composed, feminine women with a deep inner self-confidence.



Mrs Van Driessche achieved 1st degree black belt in December 1996 and 5th degree in March 2007. She opened her own Taekwon-Do school in 1998, was a member of the Belgian national team from 1997 until 2002, and was seven times Belgian champion in patterns and sparring.

Mrs Van Driessche became President of ITF Belgium in 2001 – a position she still holds today. She was awarded Best Umpire at the ITF Hall of Fame in 2007. Her career highlights include an IIC with General Choi in Budapest, numerous IICs with the ITF Technical Committee, and two of her students becoming European Champions in 2010. Mrs Van Driessche works full time in marketing and teaches her ITF Taekwon-Do school part time.