

TaeKwonDo And The Younger Student

TaeKwonDo has much to offer all students, but has special advantages for the younger students. Most all young people today are influenced by many different sources, such as, television, sports, teachers, peers, news media, the internet, video games, parents, grandparents, and the list goes on. Many of the influences are good, but many more have a negative impact. In addition, parents have a much more difficult time controlling the younger student's exposure to these negative influences. We have all observed the sports idol who goes to jail for criminal behavior, or the school teacher who commits a crime. These have a negative impact on the mind of the younger student.

Video games, on the other hand, can be both positive and negative depending upon the contents and how the characters are portrayed. Those games that are contests and challenge the mind are positive. The games that are violent or glamorize criminal behavior are negative.

As a parent and TaeKwonDo Master, I am concerned about the level and long term effect that external influences will have upon the younger students. I have discovered that the study of TaeKwonDo will give the young student the opportunity to be exposed to a positive life influence, and will be able to become aware of how to deal with the negative influences and expand the positive influences.

The younger students will learn that TaeKwonDo teaches everyone to become self-disciplined, self-controlled, kind, respectful, and peaceful. The younger student learns these valuable lessons without their conscious knowledge. It happens through training and exposure to the positive behavior of the senior students. It also has the benefit of physical training that helps develop the body, and physical conditioning of the younger student, which will help them have self-confidence. With self-confidence comes the ability to say no to negative pressure from their peers. My master once told me success can only be achieved with a "Strong Body and Strong Mind". TaeKwonDo seeks to unify the body, mind, and spirit, and training in the martial arts will give all students command over their body and mind. Mental discipline is the key to control of the body.

Master Steinhauser.