

# FEATURE ARTICLE

## WOMEN IN WORLD TAEKWONDO



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### WOMEN IN WORLD TAEKWONDO

By Cyndi Nguyen – From Semaphore Training Centre.

The need for women to learn self-defence has increased in recent years, as many females join the fight against violence towards women. Females of all ages face violence every year throughout the world and the number is growing. As a young female student starting out less than 3 years ago, I have found World Taekwondo is a suitable choice for all females of any age. Females join World Taekwondo for a variety of reasons but two of the main reasons are confidence and fitness, which are included in World Taekwondo's objectives.

Women of World Taekwondo will develop the confidence and fitness level needed to defend themselves. Training with World Taekwondo has certainly helped develop my self-confidence over the years while at the same time improving my fitness level. Our highly trained instructors have provided me with the exceptional skills needed to help build the confidence I was looking for. I am more alert to danger around me and I know I can defend myself much better than I could three years ago. From when I was just a beginner I was provided with the best self-defence skills suited for my level. A variety of self-defence techniques are taught and practiced at every training centre under close supervision. Students get the opportunity they need to practice these techniques in order to use them in real life situations.

I don't have to spend thousands at health clubs when I know that World Taekwondo helps improve my fitness level within weeks. I really do feel stronger and happier, because I know I look better and highly trained instructors backed by many years of experience are looking after my fitness. Even though I originally joined alone, my instructors have worked with me to motivate me and help me to achieve my goals. And that is genuine training that delivers fantastic results!

World Taekwondo provides lifetime membership for its members. So I recommend that you come by yourself, or bring a friend. The longer you train with World Taekwondo, the better equipped you are in life threatening situations. Paying the monthly training fee allows me to have access to over 25 training centres throughout South Australia. So join World Taekwondo and be part of the growing number of female learning to protect and feel fantastic about them selves every day.

