

# FEATURE ARTICLE

## World Taekwondo is "Me Time"



"15 months ago at the age of 46 it suddenly occurred to me that I could try something different..... World Taekwondo is 'ME TIME' "

[www.worldtaekwondo.com.au](http://www.worldtaekwondo.com.au)

## It's Outrageous Fun

By Josie Whitehead – From the Crafers Training Centre.

Power, Beauty, Morality and Spirit.

These are the key words written on the World Taekwondo flag.

Active and regular participation in World Taekwondo classes achieves all this and more!

15 months ago at the age of 46 it suddenly occurred to me that I could try something different.

I work almost full-time, have a family, a home, a garden and pets to care for, and I taxi two busy children around after school. Life is full, but **World Taekwondo is "me time"**.

It's outrageous fun, jumping around like a kid and learning new skills I've never tried before!

World Taekwondo keeps me fit and is great brain-training.

It is really interesting to get involved in a very different culture from my own. I enjoy observing the many protocols of greeting people, starting and closing lessons, respecting seniors and partners.

The Instructors and other participants are friendly and supportive. Each learner's age and experience (shown by belt colour) is respected. Oh, and the skills may help me in a self-defence situation one day.

In the meantime I'll enjoy the immediate benefits of a fit mind and body!