

FEATURE ARTICLE

World Taekwondo - Your 1st step to a better life.



“World Taekwondo has turned out to be more than I envisioned.”

www.worldtaekwondo.com.au

Take the 1st step to a better life.

By Stephen Carter- Crafers Training Centre.

FIT BODY – FIT MIND

Kihap (The World Taekwondo Shout) I am strong, I can do it... these words have stuck with me since watching my son attend World Taekwondo grading over a period of nearly four years. I used to sit at the back, itching to take part, but having a disabling back injury I never dreamed I could be a part of World Taekwondo. Then a day came in early 2006 when I knew something had to change in my life – I needed to get fit, so I set myself the goal of joining World Taekwondo. I started walking and gradually introduced other exercise to build my core strength. Twelve months later my surgeon cleared me to start World Taekwondo. Since then I haven't looked back. World Taekwondo has turned out to be more than I envisioned, not just providing training to improve my fitness and develop self defence techniques, but a sense of belonging to something big, challenging me to do my best and being immersed in another culture. Oh yeah, something people often don't consider (myself included) is the meditative component of World Taekwondo – it really works! Since joining I have trained to become an instructor and now taking Korean lessons with the aim of travelling with World Taekwondo to Korea in 2010. Now training for my Dan Grading, World Taekwondo has been truly life changing. Regardless of age or ability, World Taekwondo has a place for you – take the first step toward a better life.

Stephen Carter, Sep 2009