







Benefits of Taekwondo Practice



Helps you believe in yourself and feel happy





Helps you take up any challenge with confidence



Helps you grow Social · Academic Self-esteem & Physical ability · confidence!

This meta-analysis is conducted by Taekwondo Research Institute of Kukkiwon and analyzed 803 cases in domestic researches published from 1985 to 2019.

The meta-analysis refers to an analytic methodology that collects the existing researches and scientifically verifies the effect.