

# Taekwondo training effect

## PHYSICAL STRENGTH



### MUSCULAR STRENGTH

Maximum force that a muscle can exert

#### Back muscle strength

The force produced by the sum of the strength of the back muscles of the body



8.9%

(n=105, p>.05)

12.2%

(n=159, p<.05)

#### Right hand grip force

The power of grabbing with the right hand



6.1%

(n=159, p>.05)

#### Left hand grip force

The power of grabbing with the left hand

### MUSCULAR ENDURANCE

The ability of a muscle to perform a repeated action without tiring

#### Sit-up

Abdominal muscle endurance

23.2%

(n=328, p<.05)



Source: Nam & Lim (2019)





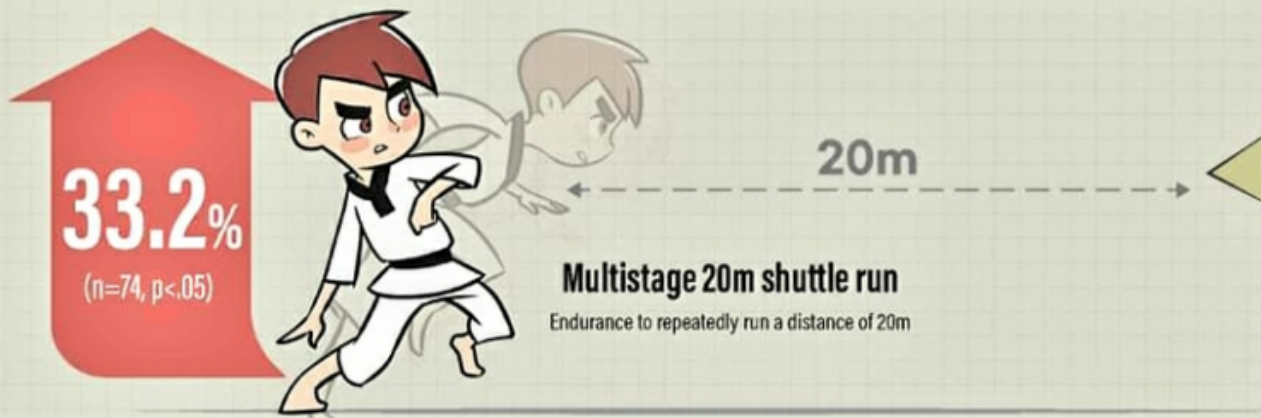
# Taekwondo training effect

## PHYSICAL STRENGTH



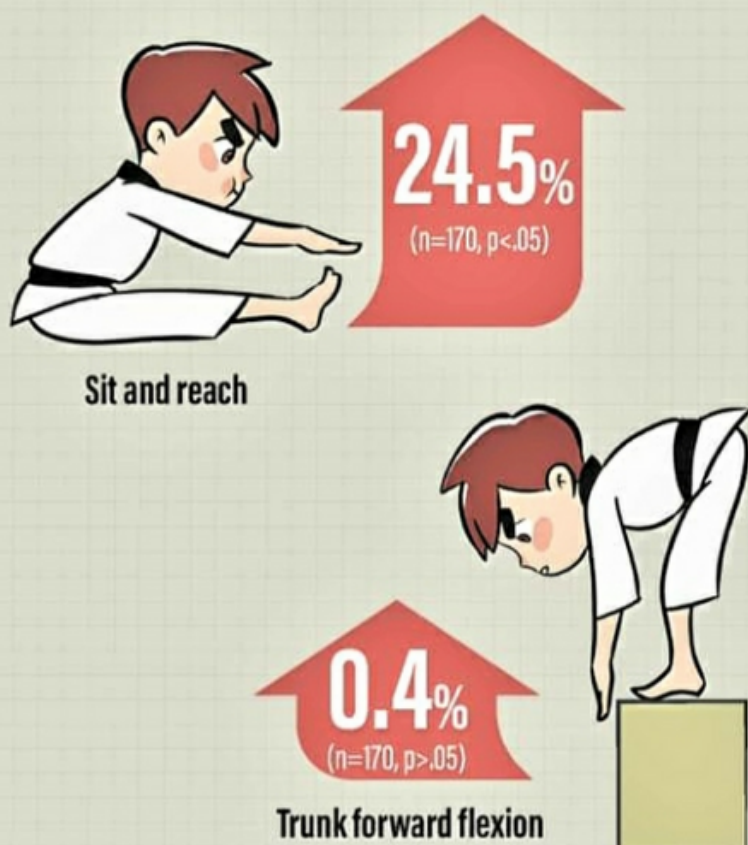
### CARDIOPULMONARY ENDURANCE

Ability to sustain full-body exercise for a long time



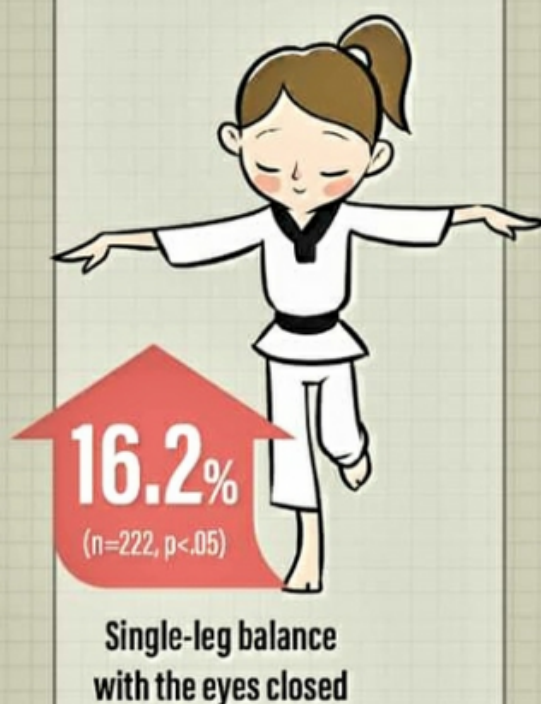
### FLEXIBILITY

Ability to move joints and muscles flexibly



### BALANCE

Ability to maintain balance



Source: Nam & Lim (2019)





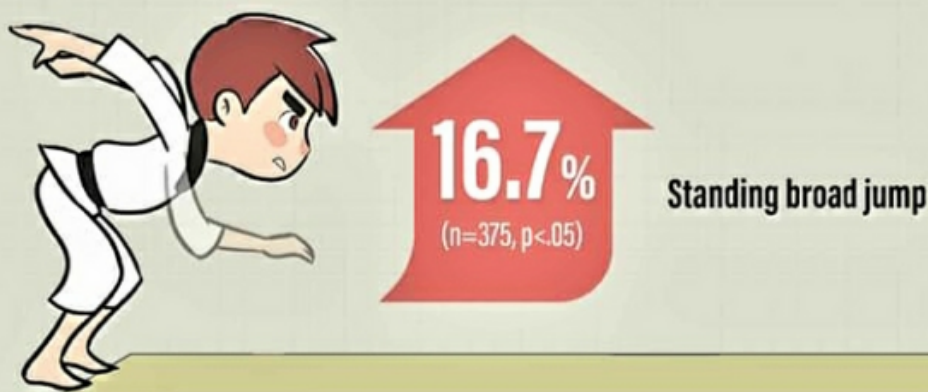
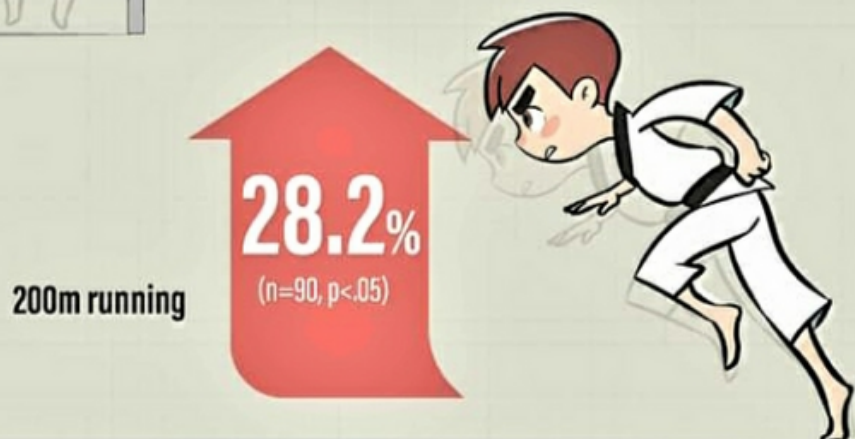
# Taekwondo training effect

## PHYSICAL STRENGTH



### POWER

Explosive muscular strength



Source: Nam & Lim (2019)

