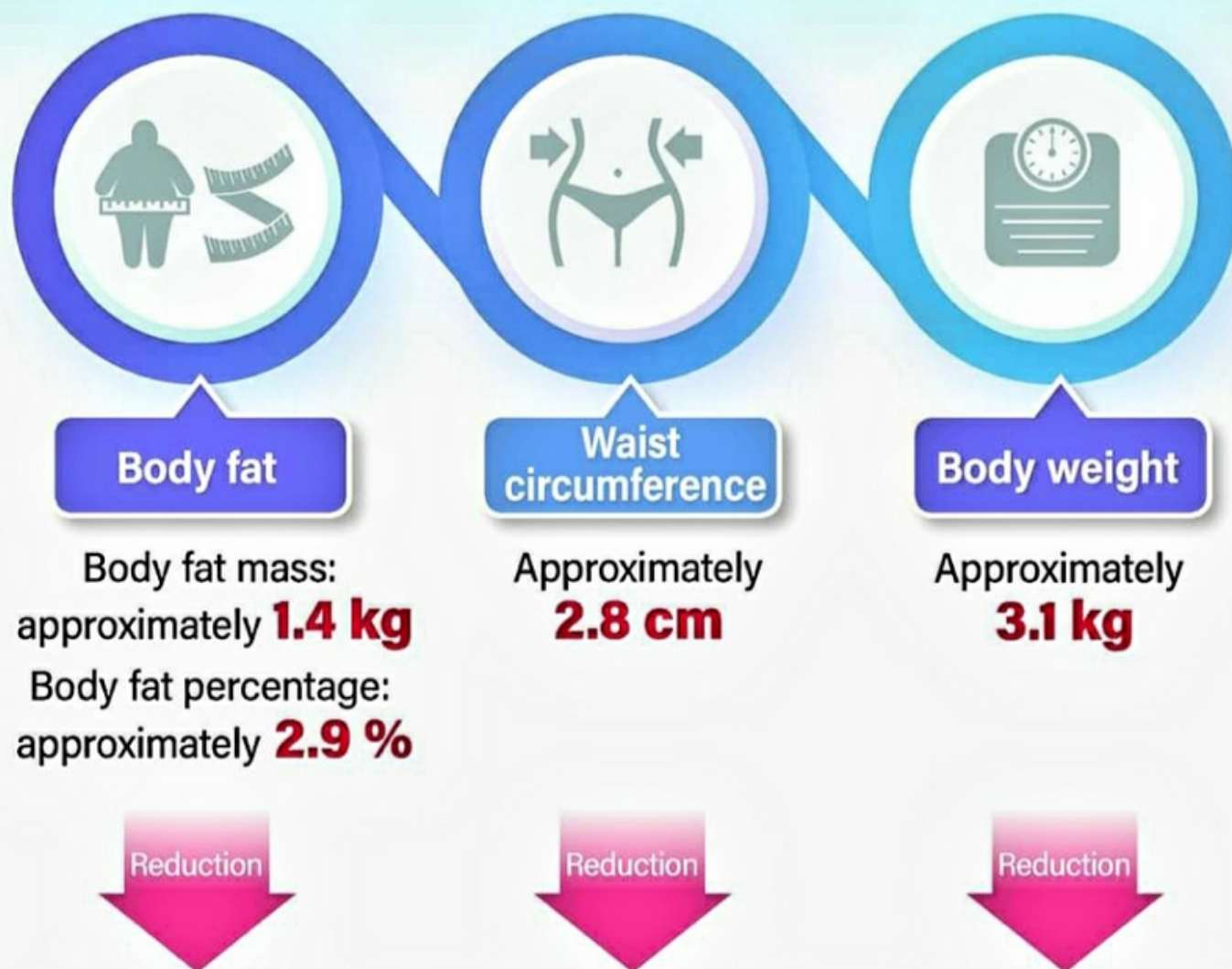




What happens after 12 weeks of taekwondo training?



Lowers body fat, waist circumference, and body weight.

These effects of Taekwondo training are based on a meta-analysis of 803 domestic academic research papers from 1985 to 2019 by the Taekwondo Research Institute of Kukkiwon. Meta-analysis refers to an analysis method that scientifically verifies the resultant effects by collecting all existing research results.



국기원
KUKKIWON

What happens after 12 weeks of taekwondo training?

T A E K W O N D O



Body fat mass reduction: approximately **1.4kg**

Body fat percentage reduction: approximately **2.9 %**

Reduction



Waist circumference reduction:
approximately **2.8cm**

Reduction



Body weight reduction:
approximately **3.1kg**

Reduction

Lowers body fat, waist circumference,
and body weight.



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