



What happens when you practice taekwondo?



Relationships
with peers
10.5% ↑



Following
rules
8.1% ↑



Relationships
with teachers
6.3% ↑

Taekwondo practitioners show more development and improvement in their adaptation to school life than non-practitioners.



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.



What happens when you practice Taekwondo?



Cooperation
5.1%↑



Rule observance
5.8%↑



Leadership
6.7%↑



Responsibility
9.9%↑



Sociability
9.3%↑



Stability
6.3%↑

Taekwondo practitioners show greater development and improvement in their sociability than non-practitioners.

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What happens when you practice taekwondo?



Sense of community

6.9% ↑



Thoughtfulness

13.6% ↑



Emotional sense
of stability

12.7% ↑



Life habits

10.1% ↑



Respect

7.9% ↑

Taekwondo practitioners show
more character improvement than
non-practitioners.



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