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DOES PHYSICAL ABILITY IN TKD MATTER?

The short answer is Yes...

In all aspects of life people will benefit from physical exercise, mentally, physically, emotionally, an improvement in all aspects of life will be seen.

TKD is an individual sport, in this way it gives each and every one the option to do as much or in some cases as little as they want. There are no barriers to what people can do if they really invest in themselves, both mentally and physically pushing themselves. Everyone has the ability to improve themselves if they really want to.

In order to do this there has to be a real buy in or commitment to do so, help and support are available within TKD. Through my own experience I have seen many many students of all ages and sizes who have joined TKD and have worked hard very hard and become the best that they can be. I have a true passion to be the very best i can at all times, and the people I train and work with have the same drive and passion, they are not just lucky, talented or gifted they put in the hard work, at training, at the gym in what they eat and how they take care of themselves to achieve all they can and be the very best most often this leads to medals in competitions both nationally and internationally.

The observation can be made above age, perhaps size being obstacles to achieving within TKD, however some of the people i admire today are older than me Master Davidson and Master Lan have amazing kicks strong, powerful and impressive, Master Rimmer is explosive when he moves and Master Hutton and Master Daha are both very flexible. Master McPhail and Master Judet generate a huge amount of power when punching.

These are some examples most people can relate to, age has not been a disadvantage for them, yes they have all trained for many years, however this is what TKD needs students to see people with ability people who have trained and worked hard and these people encourage their students and visitors to keep trying and training. These instructors can inspire.

TKD is a lifestyle and in my opinion physical ability does matter as we are attracted to people who have ability and are good at their chosen sport they offer us a goal to work towards.

One of the first things we learn in TKD is to punch and walking stances, therefore there is no reason that within the years it takes to get to blue belt for example that students punches and kicks are perfect or as near as possible. It is all about focus, training both mentally and physically putting in the hours needed to achieve.

Training for a black belt is when most people put in the largest amount of effort and time during TKD, you will see people training more and more, sometimes they lose

weight, tone, and become healthier regarding their lifestyle both when training and when away from training, during this time you see a student become the best they can be. I would like to see this passion and effort continued beyond the black belt grading. As you grade from 1st to 2nd, 3rd etc the fitness tests requires more and more from you as a student, a lot of people make huge lifestyle changes and achieve not only physical fitness but also weight loss. However once we complete our grading's it seems we slip again - perhaps doing a second fitness check 3 to 6 months after a black belt grading to see just how people are doing and coping, finding out what may be keeping them on track or perhaps driving them off track. Work on ways to help people stay on track.

Fit people attract people to practise TKD.

A person whom practises TKD will find that the more they train and improve the more other aspects of their life will improve, being fit and feeling good about yourself gives you more energy a clearer mind and the ability to achieve more in the day at work at home and with family and friends, increasing our ability by doing more and more has benefits way beyond TKD.

All people can achieve within TKD, no one is able to do everything within our martial art to the highest of abilities however by doing the best that you can most people will work towards polishing the strengths they see they can achieve.

For me ability comes down to effort.

An instructor to me is someone who can teach both verbally and by their actions, showing their efforts and abilities and in some instances their achievements.

TKD is a martial art which is an intense workout at all times, when competing in patterns a physical strength and flexibility is required along with an element of cardiovascular endurance.

The physical demands which are placed on a TKD persons bodies are very intense, requiring a student to ensure they maintain a high level of fitness, this can be done by supplementing your TKD training with gym membership, swimming, other physical trainings which assist it keeping you fit and able to train and compete without risking injury.

The body is made to do amazing feats when for example doing special technique and power, focused training above and beyond a normal training session is needed to ensure the parts of the body being used are fit for purpose.

Sparring is another area where specific training is required to exceed in achieving, sparring is a very physical, fast cardio intensive activity.

Your body when sparring is also being hit this is something also that we need to train for, being hit is not something any of us want to have happen therefore you need to ensure when your hit you know how to take it and handle that pressure.

Injury prevention is vital to doing well within TKD, the body is unaccustomed to many of the different TKD movements that are required and training and an overall element of physical, muscular and cardiovascular fitness is paramount to preventing many of the common injuries within TKD and lowering the risk of degenerative injuries common to many TKD practitioners. Therefore looking after yourself, training well, and supporting your body both with exercise looking after the mind, relaxing supporting your body with healthy foods options, vitamins and minerals.

TKD can offer members an opportunity to achieve individually through grading and competitions, to become fit, to make friends to become healthier physically and mentally an increased sense of self-worth as goals are reached. A chance to travel both Nationally and Internationally. The opportunity to become an instructor, to open a club and give back. TKD has the ability to be a sport which adds to your lifestyle the only person holding you back is you.

"Judge your achievements by what you have had to give up to get them" Dalai Lama.