

This month W1 Taekwondo joins a select group of clubs that strive for greatness worldwide.

W1 was honored to be invited to the Ludus Alliance Challenge event by world class martial artists Damian Villa and triple world champion Brigitte Yague who attend and compete with their own clubs.

What is the Ludus Alliance you might ask,

Ludus Alliance is a technology company that created an interactive event platform for offline and online sports events. The platform connects sports federations, clubs, athletes and provides infrastructure for the meta-verse.

This was the first time that we participated in this type of event and all the kids had a blast seeing their live scores. We can't wait to see how all the other clubs do and hear about their experiences.

Kids martial arts has started incorporating electronics into their daily classes so we wanted to share a little more information about utilizing electronics in taekwondo and how we think it can be beneficial.

Technology changes the way we live, work, and play - and now, it is transforming the way we train martial arts.

From advanced and small wearable devices to bulky equipment, athletes now have everything from scientific insight to an extra set of arms to help them perfect their game.

The item we utilize most in our daily kids classes is Kick pads or Kicking pads, they allow you to take your kicks to new heights. Electronic kicking pads aid you in checking your tactics, specifically how and where you land your kicks or how fast you're able to do so. This is an excellent way to track progress year to year and help perfect your training.

Like our muscles, response time and our other cognitive skills can be trained and improved. Training and challenging your brain can help strengthen the brain and its neural networks. If you frequently train reaction time, the brain's connections will become stronger and healthier, which means that when it comes time to use response time, it will be quicker and require less mental resources.

That is why training this way in our taekwondo classes is so important.

It has been said that using cognitive training such as the ones we do shows Improved memory equivalent to an estimated 10 years' time. Improved ability to carry out everyday tasks. Enhanced self-esteem. Increased auditory processing speed by 131%, allowing them to process information more than twice as fast as before the training sessions.

Another great cognitive training we use in our kids taekwondo classes is one that involves lights that we tap with pattern detection, it's not only fun for the whole class but it aids in increasing thinking speed, and memorizing lists.

We hope to continue being able to utilize this type of training and equipment and see where our wonderful group of martial artists will take it.

We can't wait to see all of your progress and look forward to seeing you all in class.