

# Looking to try something new this year?

The new year is the time for new resolutions and goals, and for many this includes taking up a new sport or activity. For those looking to challenge themselves, Taekwondo is the perfect choice. Taekwondo is a Korean martial art which combines kicking, striking, and blocking techniques, as well as self-defense.

Practicing taekwondo offers numerous benefits, both physical and mental. Physically, taekwondo helps with coordination and agility, since it requires precise and rapid movements. Other physical benefits include improved muscular strength, and better balance and posture. In addition, taekwondo improves the practitioner's overall strength, and endurance, two factors which are particularly important in 2023. Mental benefits include increased focus, discipline, and self control. Practicing taekwondo helps to sharpen the mind as well as the body.

In 2023, taekwondo is becoming increasingly popular due to the number of competitions and events that are held. Such competitions can help to motivate and inspire practitioners, as well as boosting their self confidence and sense of accomplishment. Through participation in taekwondo competitions, practitioners can also gain experience and expand their knowledge and networks.

Starting taekwondo as a new year's resolution is an excellent decision. Not only will it help improve fitness and mental agility, and confidence. Those Looking to add a positive change to their 2023 resolutions should definitely consider taking up taekwondo.

Here at W1 we're happy to provide you with the best competition in the area and classes that fit everyone's schedule. Whether you're new to the sport or a seasoned professional feel free to come in and try one of our kids or teen/adult martial arts programs.