

Why is Competition Important in Taekwondo you might ask.....

Competition is a part of all sports, and Taekwondo is no exception. Competition can bring about a wide array of benefits for those who practice taekwondo, both mental and physical.

1. **Mental Benefits** - For anyone participating in Taekwondo competition, overcoming any fear of failure and learning to be comfortable with and when competing are some of the most important mental benefits. Through the competitive nature of Taekwondo and competing against others of comparable skill, students learn to manage the pressures of competitive environments, while also understanding how to remain focused and confident.
2. **Physical Benefits** - Regular Taekwondo competition also brings tremendous physical benefits as well. The physical and mental discipline that competition often brings will increase a Taekwondo artist's stamina, endurance, and flexibility. By competing, students learn to push the limits of their physical abilities and progress with their Taekwondo technique.
3. **Improved Self Confidence** - Ultimately, the biggest benefits of Taekwondo competition is improved self-confidence. Participating in competition allows students to learn to overcome challenges, which in turn makes them more confident in their skills and comfortable with themselves. By competing students learn lessons about setting goals and accomplishing these.
4. **Sense of Achievement** _ Winning s Taekwondo competition comes with a tremendous sense of achievement. By achieving goals that have been set, students learn the importance of hard work, focus and determination. They also gain an understanding of conceptual tenets, such as the importance of having an open mind,humility and the ability to learn from losing.

Overall, Taekwondo competition brings about a wide array of benefits for students of the martial art. Not only do students gain physical benefits, but they also learn important mental lessons that can be carried forward into other aspects of their lives. Taekwondo competition also brings with it a tremendous sense of achievement, which should be celebrated by all involved.