

Our Taekwondo experience

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Abstract:

“Taekwondo is one of the most systematic and scientific Korean traditional martial arts, that teaches more than physical fighting skills” (TKD USA).

Sofia is 15 years old and was diagnosed with Glut1 Deficiency when she was 3. She started treatment with the ketogenic diet once she was diagnosed, and is currently taking the Modified Atkins Diet. Sofia has been in many different types of therapy to support her growth and development. As part of this support, she is currently attending Taekwondo classes, which have helped to improve her balance, coordination, gross motor skills, strength and self-confidence.

Taekwondo:

According to USA Taekwondo (USA TKD), “Taekwondo is one of the most systematic and scientific Korean traditional martial arts, that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind”.

The word Taekwondo is composed of three parts, “Tae” means foot, leg or to step on; “Kwon” means fist, or fight and “Do” means the way or discipline

Background:

Sofia is 15 years old and full of life, she is a happy girl and is always willing to try new things. Back in the fall of 2022, one of her friends from school and her family, told us about the Taekwondo program they were part of, and they encouraged us to try it. We were really hesitant at first because we did not know if the program would be able to accommodate Sofia’s needs and skills. We tried the program and we loved it.

In order to improve Sofia’s experience, we gave all the information and resources necessary for the masters to understand her condition, strengths and difficulties. As she participates in the program, the masters adapt the lessons and exercises to her needs. Some of the modifications include, time for water breaks and taking a break when she is tired. Another modification the masters have incorporated, is to have an instructor with her in most lessons to assist her, mostly to make sure she is safe.

Sofia is currently a brown belt and she continues to enjoy the class and the environment.

Taekwondo has not only helped her physically, but it has also taught her about responsibility, discipline and other important values for life such as respect for her elders, giving back to the community and self-confidence.

“Always respect my parents, always do my best at school, always believe in myself”



How has Taekwondo helped me?

Taekwondo has helped me with my balance



It has helped me with my coordination



Benefits:

- Better balance
- Improved coordination
- More strength
- Improved gross motor skills
- Discipline
- More self-confidence
- Responsibility

