

## **Conducting and Taekwondo— Distinct Arts, Parallel Disciplines**

by

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### **Abstract:**

Although seemingly incongruous, the disciplines of orchestral, opera, or choral conducting and taekwondo have much in common. The similarities can be divided (albeit with substantial overlap) into three categories: the intellectual (including analysis of musical and taekwondo forms, research of the ever-evolving practice, and understanding of the way the arts' histories inform their current practices), the spiritual and psychological (including overcoming performance anxiety, handling conflict, and building confidence), and the physical.

The current study will begin the process of assimilating the material on the most visible and tangible correlation between the two: the physical. This topic can be broken down into five further subdivisions, all offering information that might help conductors understand the benefits of the martial arts, particularly taekwondo, as a distinct yet parallel activity which could inform their lifelong musical studies: 1) stance, 2) technique, 3) simplicity of movement, 4) power, and 5) misuse and overuse injuries.