



Says

What have we heard them say?
What can we imagine them saying?

Taekwondo is a Korean martial art that focuses on high kicks and fast strikes.

Practitioners learn various techniques including punches, kicks, and blocks.

It's a great way to improve flexibility, strength, and discipline

It emphasizes speed, agility, and precision



Thinks

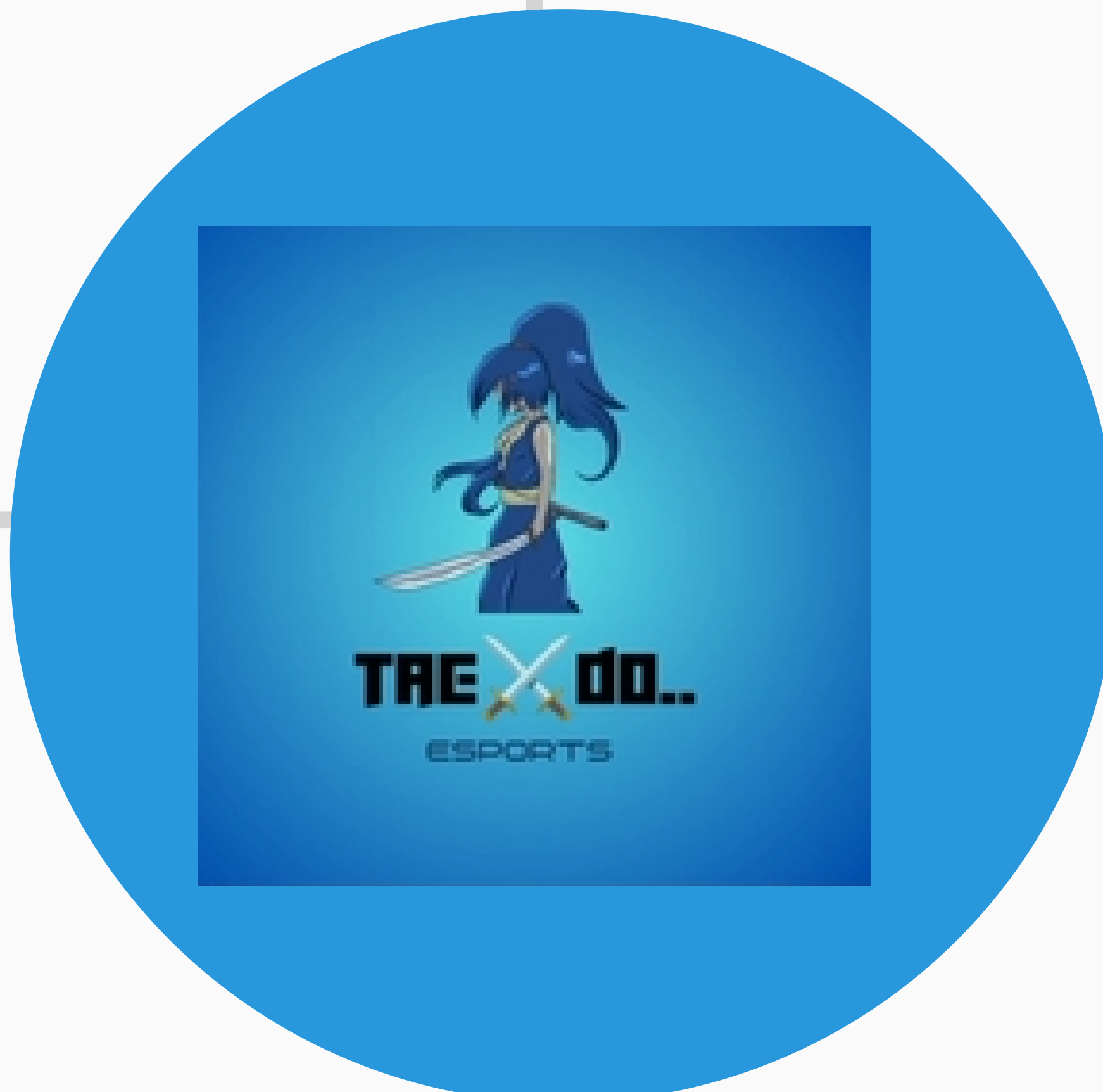
What are their wants, needs, hopes, and dreams?
What other thoughts might influence their behavior?

Needs of Taekwondo include discipline, as it requires consistent practice and adherence to the principles of the martial art

Dedication is also important, as it takes time and effort to master the techniques and progress through the belt ranks.

Perseverance is crucial, as there may be challenges along the way, but pushing through them leads to personal growth.

It helps build self-confidence, as practitioners gain proficiency in the techniques and develop physical and mental strength.



During Taekwondo training, practitioners engage in a variety of activities

Start with warm-up exercises to prepare their bodies for the physical demands of the practice.

Focus on learning and mastering different kicking techniques, such as front kicks, side kicks, roundhouse kicks, and more

Punching and blocking techniques are also taught and practiced.

Practitioners may experience a range of feelings such as excitement, determination, and a sense of accomplishment as they learn and improve their skills.

Normal to feel frustrated at times, especially when facing challenges or struggling to master certain techniques

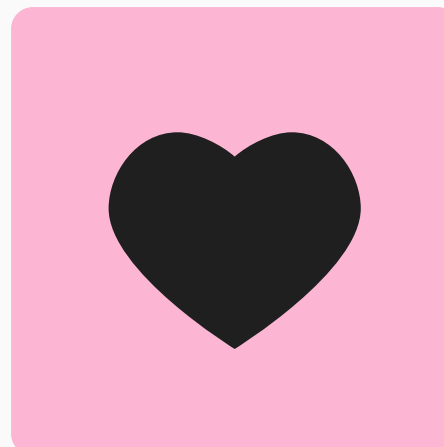
It's important to remember that progress takes time and effort, and with perseverance, those frustrations can be overcome.

They also practice forms (poomsae), which are a series of choreographed movements that help develop balance, coordination, and muscle memory.



Does

What behavior have we observed?
What can we imagine them doing?



Feels

What are their fears, frustrations, and anxieties?
What other feelings might influence their behavior?