

## Champions are challenged at the World Taekwondo Championships



photo courtesy of worldtaekwondo.com.au

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photo courtesy of worldtaekwondo.com.au



Taekwondo is a martial art that originated in Korea. Taekwondo is a sport for children and adults and develops skills in agility, honour, power, and respect.

The Chief Instructor of World Taekwondo in Australia is Master Wahid Halimee. Master Wahid is a 7<sup>th</sup> Dan black belt in Hapkido and Taekwondo.

Tyson Ottaway has been a member of World Taekwondo since he was seven years old and currently holds a brown belt. He has practiced hard at this sport and recently placed first in the non-contact sparring competition at the World Taekwondo Championships held in Adelaide. When asked whether the sport is dangerous, Tyson said “The championships are not just a competition to fight; but is an opportunity to test your skills and stamina against people of equal skills. Injuries occur in all sporting activities but it is the discipline and correct training that reduces these injuries”.

Tyson will be competing in the upcoming championships to be held in Adelaide in August and is currently preparing for this with additional lessons.

Head Instructor Master Carol Halimee described the competition as an exciting part of the many facets of the World Taekwondo training.

Master Carol said “The competition is a measurement of learning, adaptation and skills and is used as an opportunity to test your technique and to find improvement in yourself.”

She described that the World Taekwondo competition enables competitors to learn to be resilient in life and builds their confidence and character.

Taekwondo is a fast growing sport with millions of practitioners worldwide.

Australians taking up Martial Arts as a sport has been growing steadily at 4.9% since 2003.

If you are interested in trying this sport you can contact World Taekwondo @ [www.worldtaekwondo.com.au](http://www.worldtaekwondo.com.au)

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