

TONGA SUSTAINABILITY CASE STUDY



Taekwondo for Youth: Building Healthy Futures

The **Taekwondo for Healthy Youth Development** initiative aims to **promote health and well-being** by introducing Taekwondo to youth across **Tonga**. With Taekwondo clubs catering to children as young as **5 years old** and **primary schools integrating the program** into their curriculum for class **5 and 6 students**, the initiative provides a **structured platform for physical activity, discipline, and personal growth**.

Recognizing a **growing need for accessible fitness programs**, this initiative offers a **proactive solution to sedentary lifestyles** by encouraging **youth engagement in sports and mental resilience development**. By equipping young participants with the **tools to lead active and healthy lives**, the program nurtures **resilience, respect, and teamwork**, ensuring that Taekwondo becomes a **key component of youth development in Tonga**.

FOCUS AREA

Health & Well-being

KEY WORDS

- Youth development
- Sports and health
- Mental resilience
- School sports programs
- Community well-being

FACTS & FIGURES

- **300+ students** engaged across **three Taekwondo clubs and six schools**.
- **85% of participants** reported improved **physical fitness**.
- **90% of participants** gained **confidence and mental resilience**.
- **80% of students** continue practicing Taekwondo beyond the program.

IMPACTS

The initiative has reached **over 300 students** across **three Taekwondo clubs and six primary schools**, providing **structured training and character development**. Survey data reveals that **85% of participants** report **improved physical fitness**, while **90% have gained confidence and mental resilience**.

Teachers and school administrators have noted **increased discipline and focus** among students. Notably, **80% of participants continue practicing Taekwondo beyond the program**, reflecting the **initiative's long-term influence** on health and well-being. These **measurable outcomes** demonstrate the program's success in fostering **holistic youth development in Tonga**.