



Infinity Athletics

Olympic Taekwondo

Olympic Sparring

Through taekwondo sparring young athletes gain self-confidence and a greater understanding of themselves!

Is your child shy or lacking self-confidence?

Does your child know how to cope with failure or setbacks?

Through taekwondo sparring young athletes learn to face their weaknesses and turn them into strengths.

Does your child tend to be shy? Do they lack self-confidence?



Shy children Often find it hard to cope with confrontation. Teasing at school or work can ruin their days and the threat of a bully can lead to a complete melt-down.

Through Taekwondo sparring these children learn to face confrontation.



How does Taekwondo help athletes learn to deal with confrontation?



They learn how to stand in a ring and face someone who is trying to attack them. (Believe me, although sport taekwondo sparring is controlled and regulated, it is still adrenaline provoking and confrontational.)

Learning to control the emotional flood and fight or flight response in the ring is beneficial when dealing with the same natural responses in real-life.

Good martial arts instructors build up athletes sparring skills slowly, first learning to control that brain body connection and how to tune-up those fine motor skills with kicks and drilling.

In time the athletes build up to full speed sparring bouts lasting between 1 and 2 minutes. Through their sparring training athletes learn first hand:

- ✓ Not to panic.
- ✓ Not to run away.
- ✓ Never to turn their back on an opponent.
 - ✓ To stand tall and face aggressors.
- ✓ To think clearly through emotions and pressure.
- ✓ To respond in a calculated way with self-control.

Of course there are inevitable knocks, set-backs and tears along the way but these are the moments in which the most growth takes place and we learn just how resilient we can actually be.



Resilience?

Taekwondo athletes are generally pretty well padded in taekwondo sparring gear. It is not unlikely to find random bruising, in-fact, it's just part of the territory.

When athletes take a good knock, it's easy for them to burst into tears and want to give up.

Over time however, sparring athletes learn to not let these situations beat them;



- ✓ They grow stronger with each match, they become more determined and find the real strength within themselves.
 - ✓ Learning to take deep breaths.
 - ✓ Learning to clear one's mind of negativity.
 - ✓ Learning to just keep going.

The end result of breaking through these barriers and fighting these battles, is a massive increase in self-confidence, self-esteem, and overall mental strength and fortitude.

Suddenly, the taunting of a school bully becomes less of a worry.



Does your child know how to handle failure?



Through sparring, athletes learn how to handle failure and success both. Your child may be a naturally talented sparring athlete and could enjoy early success.

BUT, if your child enters the competitive world, eventually they will come up against an opponent that is a better fighter that day. One day your athlete will unfortunately lose.

For a very confident child who is used to winning, this can be tough to take, it can be very hard for them to handle the emotions that come along with the face of failure. The adrenaline rush of competition makes staying calm difficult. Feeling upset and low, many children make the choice to quit at this point.

BUT WHEN YOUR CHILD FAILS AND REMAINS

They'll learn how to stay humble.

They'll reflect on the situations and look at what they did well and what they didn't.

They'll come back into training with determination and motivation to do better.

They learn a very important life lesson and grow both mentally and physically in the process.

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