

## ***Taekwondo Discipline: A Plan for Solving Youth's Drug Abuse***

Our society and this generation of children have been adversely affected by drug abuse. The varieties of drugs and the speed with which new variations hit the streets threaten our kids at a more critical level than most can imagine.

Teens' easy access to drugs such as Marijuana, Heroin, Ecstasy (Club Drug), Cocaine, Methamphetamine (Meth), Amphetamine and inhalants can severely impact a child's growth. The physical, neurological, social, emotional, intellectual and spiritual side effects of drug abuse can continue through to adulthood. It is shocking to realize that when youths become addicted to drugs, it is certain to change every aspect of their lives. Here are some of the difficulties youths will face under the influence of drugs:

Physically, the child could experience breathing problems, eyesight and speech disorders, heart disease, high blood pressure, arrhythmia, and countless other due to drug addiction and abuse.

Neurologically, the addicted youth could experience intense motor disturbances due to brain cell damage. The damage done to the brain's blood vessels can lead to a stroke and possible permanent brain damage.

Socially, teens who abuse drugs are afraid to open their minds and often feel isolated and alone. They lose interest in school, friends, hobbies, sports, family or anything aside from getting more drugs. This anti-social behavior pattern may lead to violence.

Emotionally, addicted young people are often uncertain and begin to doubt everyone and everything. These youths experience emotions such as shame, guilty, anxiety, and fear. These feelings lead them to contemplate suicide and possibly attempt ending their lives. Most fatal accidents in youths are related to the loss of self control while under the influence of drugs.

What can parents do about these problems? The best way to solve the problems associated with drug abuse is prevention and education. Law enforcers have recently realized that treatment and prevention of drug abuse is more important than punishment and incarceration.

It is important for parents to encourage a set of special skills in their children to improve their self esteem and confidence. Children with intact self-esteem and confidence are said to avoid the pitfalls of drug addiction. It is important for

parents to encourage the development of these traits and help their children possess the power to refuse the temptation of drugs.

Taekwondo Discipline is a special sport that will lead youth to unique skills. Martial Arts is a favorite sport of children and parents alike because it focuses on intensifying the inner belief system and provides positive physical, educational, spiritual, psychological and social values. Taekwondo provides a wonderful physical workout, challenges the mind, develops self-control and self-discipline, provides leadership, and even teaches self-admiration and self defense. If all parents encourage their children to participate in Taekwondo, it would be the most effective, preventative method against drug abuse.

Taekwondo prevents drug abuse by contributing to the child's spirituality, self-esteem, self control, self- discipline, and self- confidence. Young people who are actively involved in Taekwondo maintain a healthy lifestyle and are not easily tempted into the world of drug abuse and addiction. Taekwondo promotes a positive mentality and body image therefore building self-esteem. Children involved in Taekwondo are taught to respect themselves and his match opponent. Leadership qualities and patience are also developed within the sport of Taekwondo. Regular participation in this sport will teach children manners and to show courtesy to others. Through practicing Taekwondo, these children will learn various courtesies and manners transforming them into a person of great conduct and character.

Regardless of what sport a parent chooses to enroll their child in, a child who passionately practices the sport boasts a stronger sense of identity and a higher level of confidence than those who do not. Through Taekwondo Discipline, many important aspects of life are learned and will prove useful in future. Parents desire their children to gain confidence so that they will lead successful lives and Taekwondo is the sport that provides just that.