

Taekwondo Discipline and Specific Plan for Solving Youth's Drug Abuse

I. Teaching Special Techniques As An Alternative To Stop Our Children From Abusing Drugs.

- 1. Our society and the generation our children belong to have been affected by drugs. The varieties of drugs and the speed with which new variations hit the streets threaten our kids at a more critical level than most people, especially parents, can imagine.**
- 2. Teens' easy access to drugs such as marijuana, heroin, ecstasy (aka club drug), cocaine, methamphetamine (aka meth), amphetamine, and inhalants can severely impact a child's growth. In addition, physical, neurological, social, emotional, intellectual, and spiritual side effects can continue through to adulthood. It's shocking to realize that when young people abuse drugs and become addicted, it is certain to change every aspect of their lives, now and for years to come. Here are the specifics:**
 - (1) Physical Side: Serious breathing problems, eyesight and speech impediment, heart disease, high blood pressure, arrhythmia, and any disease that arises from an immune system that's been compromised.**
 - (2) Cerebral and Neurological Side Effects: Intense motor disturbances due to brain cell damage, and strokes due to damage to the brain's blood vessels. This can lead to permanent brain damage.**
 - (3) Social Side: Loss of Self-Esteem: Teens who abuse drugs are afraid to open their minds and often feel isolated and very much alone. They lose interest in school life and even fail to attend class or stop doing their homework. There's also loss of interest in friends, hobbies, sports, family or anything aside from getting more drugs. They want to be alone. Even worse, they may engage in anti-social behavior like violence.**
 - (4) Emotional Side: There will likely be a loss of self-control, anxiety, and fear. Shame and a sense of guilt are increased. Addicted young people are often uncertain and begin to doubt everyone and everything. They think of committing suicide and even try it. The primary factor leading them to death is drug abuse, not heart disease, stroke, and cancer. In fact, most fatal accidents are related to losing self-control due to drug abuse.**
 - (5) Intellectual Side: Loss of self-discipline, memory loss, a lack of**

concentration and judgment, a sharp drop in the quality and consistency of schoolwork. Together with all that comes senseless behavior and logical confusion.

- (6) **Spiritual Side:** Loss of self-confidence, a normal view of life, and goals. Priorities and values are confused. Also destroyed is a sense of belonging to friends and family and with that, a loss of intimacy.
3. **What can parents do about these problems?** They are anxiously looking for the most effective educational program for giving their kids strong will to firmly refuse drug abuse. The best method to solve problems of youths' drug abuse is prevention and education.
4. It has been especially proven that young teens develop self-esteem and self-confidence most effectively when parents let their kids learn some special techniques and when the whole family shows great interest in supporting them. If they do not have self-confidence and have low self-esteem, they will easily fall into drug addiction. Kids who join a gang and commit crimes do so because they lack other means of gaining self-confidence or their sense of belonging to a group.
5. If parents encourage the development of these special skills, their children will emerge with both enhanced self-esteem and self-confidence. That, in turn, will provide the power to refuse the temptation of drugs. Accomplishing that has already allowed many young teens with self-confidence and self-esteem to show, magnificently, they live a "Youth Life Without Drugs" through extraordinary techniques such as Taekwondo, and through leadership skills that inspire other teens to higher levels of education.

II. Taekwondo Discipline: A Special Sport That Will Lead Youth To Unique Skills

1. **Martial Arts is a favorite sport because it focuses on intensifying the inner world or spiritual life.** The reason that parents generally let their kids participate in martial arts training is because the martial arts have such positive physical, educational, spiritual, psychological and social impacts and values.

- 2. Taekwondo Discipline dominates other martial arts in concentrating on teaching the importance of culture and spirit including good manners and courtesy. Above all, Taekwondo is the best martial art because it has a great educational effect in the spiritual along with the physical field. In fact, young teens who participate in Taekwondo Discipline display remarkable transformations of personal relationship (social behavior) and mental attitude in their insight and courteous manner, as well as outstanding progress in self-defense skills and increased physical strength.**
- 3. Everybody agrees Taekwondo Discipline is wonderful physical training. It trains the whole body including lower body muscles. It has a benefit of sharply reducing childhood obesity, maintaining standard body shape, a positive influence on healthy joints and backbone, the strengthening of lung and heart, and the building a healthy body. In other words, Taekwondo Discipline gives adolescents both more perfect minds and bodies.**
- 4. Taekwondo Discipline challenges youths. When teens can't accomplish their typical goals, they often seek thrills of the worst kind. Stealing, violence, leaving home, as well as cohabitation confusion, destruction, and drinking or drug abuse offer excitement to teenagers who fall into frustration. However, Taekwondo Discipline gives young kids the chance to fulfill their desires. That's in part because it builds endurance and concentration, as well as good judgment. That's why many parents encourage their kids to participate in Taekwondo training to challenge and improve their minds.**

The dream of earning their Black Belt keeps teens working hard at Taekwondo. Therefore, Taekwondo is a unique sport because it provides such a high level of challenge and satisfaction. That's why teenagers can't easily be tempted into drug abuse as long as they strive in Taekwondo training.

- 5. Taekwondo can solve youths' depression, deep frustration, lack of self-confidence, and psychological anxiety due to loss of self-esteem. It prevents anti-social behavior and un-adaptable responses to society and illegal drug abuse. When they hold the title "Black Belt" through Taekwondo Discipline, they will have self-control and self-discipline, as well as self-admiration and self-defense. They become naturally an exemplary leader among their peers.**

As a result, Taekwondo Discipline is a short cut that overcomes cyber game addiction, drunk driving, and gang activity, as well as prevents drug abuse and crime. If all parents help their kids participate in Taekwondo Discipline and have them acquire special techniques, it will be the most effective preventive method against drug abuse.

III. Taekwondo Contributes Spiritually in 5 Ways and Prevents Drug Abuse.

1. Self-Defense Affects Mentality and Spirit.

- 1) Taekwondo builds self-confidence to refuse narcotic drug substances as well as the courage to say no to gangs. Self-confidence prevents one from giving into evil temptations. Taekwondo also significantly contributes in helping young people gain will power and self-respect.**
- 2) For young people, it is difficult to boldly and firmly say “No” to something they wish not to do. It can quite easy for their peers to seduce them into temptations like using drugs. Many young people are suffering great damage and walk into danger as they give into the temptations and bullying that goes with purchasing illegal drugs and alcohol. Because young people under these influences lack self-control and fear the loss of friends and valuable things, they find themselves falling into this trap and buying these illegal substances and drugs.**
- 3) Young people who are actively involved in Taekwondo maintain a healthy lifestyle in which they are not easily tempted. These young people easily overcome temptations because they have strong positive mentality and the belief they can ignore any seductions. In addition, teens actively involved in Taekwondo have self-esteem, willpower, and confidence. Moreover, those who have already achieved the Black Belt find it easier to avoid tempting situations as well as standing up for their morals and beliefs.**
- 4) Young People who are severely addicted to illegal drugs and substances undergo four stages to reach this point.**

- a. **First Stage:** This involves either curiosity when peers tempt a young teen into trying a new drug or drinking alcohol. Either way they'll exhibit the mindset of "I've wanted to try it anyways."
- b. **Second Stage:** During this stage, teens interested in the illegal drugs and substances often isolate themselves from their friends. Then, they form a new group in which they are free to try new drugs and can do drugs without being judged.
- c. **Third Stage:** At this stage, some addicted teens desperately search for drugs from local dealers while others already know exactly where and how to obtain drugs as fast and secretly as they can. During this stage, a quite severe addiction for illegal drugs and substances develops.
- d. **Fourth Stage:** At this stage, addiction has grown so powerful that drugs and alcohol have become part of a young teen's everyday habits. Without these illegal substances, it is hard for these people to manage their days.

Depending on one's environment and spiritual mentality, one can easily undergo the four stages in a matter of weeks and sometimes months. Regardless of how fast these teens move through those stages, ultimately they will be lead to suffering the many great damages of drug addiction.

The deeper and longer a person is addicted to drugs, it becomes more and more difficult to overcome their temptations of drugs. Recently, drugs have become stronger. There is a very dangerous drug called methamphetamine. If one were to do "meth" for even two or three weeks, one will suffer brain damage and harm to the body.

Nonetheless with Taekwondo practices, one can easily overcome not just stage 1 of growing addiction, but even stage 4.

2. Taekwondo Discipline Increases Self-Esteem

- 1) When young teens lack high self-esteem towards their bodies, they can develop depression. However, with the high techniques and skills that are taught and learned in Taekwondo, young teens will gain self-esteem and confidence and thus feel proud of how they look and act.

- 2) Through Taekwondo Discipline, teenagers are able to express their feelings. Once achieving the Black Belt, young teens will feel even more proud and happy with themselves. Holding the titles of “Martial Artist” and having a “Taekwondo Black Belt” give young teens self-respect and confidence.**
- 3) Taekwondo contributes in helping young teens think positively about their bodies as well as building higher self-esteem.**
- 4) Taekwondo is a very strict and disciplined sport. Due to these strict rules and discipline, a Taekwondo player develops respect for his or her match and opponent. The feeling of competitiveness creates a healthy mentality as well as useful social skills.**
- 5) Great leadership and patience is required to practice Taekwondo because this sport involves helping new players as well as the experienced improve and learn new techniques. The willingness to share a technique or skill is very much valued in this sport.**
- 6) Those who achieve the Black Belt will experience a lasting pride of their accomplishment. However, despite having accomplished Black Belt does not mean one’s Taekwondo practices are complete. It only means that one should try harder to improve and gain further achievements.**
- 7) The stages one experiences to earn the Black Belt often provide young teens with self-esteem and happiness. Once one achieves the Black Belt, one will realize that one has accomplished much by oneself and thus naturally gains self-respect. Nonetheless, one does not actually need a Black Belt to feel and gain higher self-esteem and happiness. It is the sport itself that helps young teens achieve a more positive mentality.**
- 8) To young teens, it is very important to have a sense of unity and group. Therefore, young people look to join a group of friends so they feel included.**

High self-esteem starts off with feeling important. However, those

with low self-esteem suffer loneliness and are more likely to embrace drugs. Taekwondo allows young teens to develop higher self-esteem, worthiness and self-respect. Therefore, teens actively involved in Taekwondo find it easier to avoid any thoughts of trying illegal drugs or substances. A positive self-esteem starts with feeling worthy and useful about oneself.

3. Taekwondo Discipline Increases Self-Control

1) The purpose and goal of martial arts are for one to develop courtesy and manners. The specific courtesy and manners are respect and love for the country and respect for elders. Therefore, Taekwondo increases self-control. This sport views lack of self-control as a disrespect, thus through practicing and learning Taekwondo, young teens will learn various courtesies and manners and transform to a person of great conduct and character.

2) Taekwondo helps one understand and trust others more easily. Self-control is the basic foundation towards building a good society. Those who have not been surrounded by a decent atmosphere suffer oppositional defiant disorder, depression, attention deficit hyperactivity disorder, as well as conduct disorder. Suffering these disorders increase the chances that a young teen will fall into drug addiction.

Practicing Taekwondo helps young teens develop great courtesy and demeanor. Overall, the sport contributes in allowing young teens to become more concentrated, focused, polite, and gain good manners to succeed in the social atmosphere. In addition, while learning Taekwondo with people of various cultural backgrounds and personalities, one can learn the different kinds of courtesy and skills of the sport. This helps young teens become well rounded.

3) The most important basis of Taekwondo is concentration. Taekwondo reduces anger and frustration in young teens. Many young teens struggle to maintain a healthy and close relationship with their parents. However with the concentration and courtesy strictly enforced during Taekwondo, these young teens are more apt to having a better personal

relationship with not only their family but also their friends. Those who have a strong mindset and concentration find it easier to say no to drugs. Without the concentration that Taekwondo offers, young teens are inclined to get involved in gangs, drugs, bad school habits, as well as violent disputes. Nonetheless, with the characteristics of Taekwondo, a child is more successful, happy, and peaceful.

4. Taekwondo Discipline Intensifies Self-Discipline

1) Taekwondo Discipline promotes a healthy mentality and body in order to achieve cooperation and understanding of others. Taekwondo can help impatient young teens develop self-discipline. Taekwondo is very unique from other sports in many different ways. However, the most important aspect is simply self-discipline and the ability to control oneself.

It is quite evident from many past examples and stories that Taekwondo is a significant factor in positive transformations of young teens. Young teens find themselves to be more confident, responsible, and mature.

2) Achieving discipline through Taekwondo is equivalent to the process of overcoming one's temptations to drugs. Taekwondo helps develop patience as well as self-discipline. Self-discipline and patience are built throughout the practice of the sport, as Taekwondo requires very detailed and intricate moves. If one is not able to overcome oneself and one's fears, it will be very difficult even in the future to move past these fears and problems. Taekwondo, on the other hand, teaches how to overcome oneself and defeat all one's problems and thus this sport promotes self-discipline.

3) The most important basis of Taekwondo is concentration. Those who have a strong mindset and concentration find it easier to say no to drugs. Another main goal and purpose of Taekwondo is to educate young teens how to remain positive and defeat any temptations arising within any circle of friends, regardless of their habits. Statistics prove that young teens involved in Taekwondo are more prone to stay strong with their moral beliefs as well as maintaining high self-esteem and

self-discipline as opposed to those who are not.

5. Taekwondo Discipline Increases Self-Confidence

- 1) Practicing Taekwondo allows young teens to realize that self-confidence is the most important weapon for succeeding and accomplishing goals. Another achievement of Taekwondo is self-confidence and the belief of "I can do it." Taekwondo encompasses many risky portions, such as breaking many kinds of wood in half. To accomplish these risky and dangerous tasks, one must have a high level of self-confidence.**

When one practices self-confidence, like I mentioned, self-moral support increases as well as the belief that one can accomplish whatever one desires. The self-confidence gained from Taekwondo Discipline is not limited to use in just the sport itself, for this high level of confidence will endure through one's entire life.

- 2) Practicing Taekwondo contributes in developing agility, relaxation, and maintaining good friendships. Therefore, this sport prevents one from getting dangerously involved with illegal drugs and substances.**

Young teens suffering from emotional depression find it harder to adjust to new surroundings and atmospheres and get along with their peers. This often leads to teens becoming more negative and dangerous to both themselves and to their surroundings. Therefore, these teens are easily seduced into achieving the wrong type of mental stimulation through gangs, alcohol, and other illegal drug substances.

From Taekwondo Discipline, a lot of skills and techniques will be learned and these new skills will help young teens feel achieved and happy. Thus, this will lead to immediate self-confidence and as these young teens improve and learn more about Taekwondo, their self-confidence is bound to increase every day.

- 3) Taekwondo Discipline helps young teens build the confidence to overcome anything. In addition, the sport contributes in helping these young teens realize that they are all worthy of becoming a great, significant person and that they too can be successful.**

Regardless of what sport it maybe, whether it is Taekwondo or volleyball, anyone who passionately practices a sport boasts a stronger identity and a higher level of confidence than those who do not. Through Taekwondo Discipline, many important aspects of life are learned, and will ultimately be very useful for one's future. Parents only wish for their daughters and sons to gain confidence so that they will lead successful lives, and Taekwondo is the sport that does just that.