



**TAEKWONDO:  
CONFIDENCE  
BUILDER FOR KIDS**

Gary Voysey



# Building Self Confidence in Your Child

## *Welcome to "Building Self-Confidence in Children through Taekwondo: A Christian Perspective".*



My name is Gary Voysey, and I am the founder and lead instructor at Swift Current Christian Taekwondo. With years of experience in teaching Taekwondo and a deep-rooted faith, I have seen firsthand the transformative power of this martial art in shaping young minds and hearts.

This e-Book is designed to provide parents like you with insights into how Taekwondo, taught from a Christian perspective, can be a powerful tool in building self-confidence in children. Confidence is not just about being able to stand up in front of a crowd and speak. It's about knowing one's worth, understanding one's abilities, and being ready to face challenges head-on. It's a crucial aspect of a child's development that can significantly impact their success and happiness in life.

In the following chapters, we will explore the principles of Taekwondo, the role it plays in fostering self-confidence, and how Christian values enhance this journey. You will hear real-life stories of transformation and gain practical tips on how to support your child's journey in Taekwondo.

Whether you're considering enrolling your child in Taekwondo or simply looking for ways to boost their self-confidence, this e-Book is for you. I hope that the insights and stories shared here will inspire you and provide a valuable perspective on the intersection of faith, martial arts, and personal growth.



*"What could we accomplish if we knew we could not fail?"*

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"There can be no friendship without confidence, and no confidence without integrity."

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A photograph of four children of diverse backgrounds, two girls and two boys, standing in a row. They are all smiling and wearing white martial arts uniforms (gi) with different colored belts: orange, blue, black, and grey. The background is plain white. The title 'Understanding Self-Confidence' is overlaid in a large, white, serif font on a semi-transparent grey rectangular background.

# Understanding Self-Confidence

***Self-confidence is a fundamental aspect of a child's development.***

It's more than just feeling good about oneself. It's a belief in one's abilities, a conviction that one can meet life's challenges and succeed, and a feeling of self-worth.

Children with high self-confidence are more likely to try new things, stand up for what they believe in, and bounce back from failures. They are better equipped to handle peer pressure, responsibility, and negative feedback. They're also more likely to recognize their strengths and weaknesses and have a positive outlook on life.

# Self Confidence is a Journey

However, building self-confidence doesn't happen overnight. It's a gradual process that involves overcoming challenges, achieving goals, and developing a sense of competence and self-worth. As parents, we play a crucial role in this process. Our support, encouragement, and affirmation can help our children build a strong foundation of self-confidence that will serve them well throughout their lives.

But how can we effectively foster self-confidence in our children? One powerful way is through the practice of Taekwondo. In the next chapter, we'll explore how this martial art can help children develop self-confidence, resilience, and a sense of accomplishment.



*“Though an army encamp against me,  
my heart shall not fear; though war  
arise against me, yet I will be confident.”*

# The Role of Taekwondo in Building Self-Confidence

Taekwondo is more than just a physical activity. It's a discipline that teaches respect, perseverance, and self-control. It's a journey of personal growth and self-discovery. And, importantly, it's a powerful tool for building self-confidence in children.

Here's how Taekwondo fosters self-confidence:





# Self-confidence means trusting in your own judgment, capacities and abilities

## **Goal Setting and Achievement:**

Taekwondo is structured around a system of belts, each representing a different level of skill and knowledge. As children work towards each new belt, they learn the value of setting goals and the satisfaction of achieving them. This process builds their self-confidence as they see tangible proof of their progress and achievements.

## **Resilience and Perseverance:**

**Taekwondo** is challenging. It requires physical strength, agility, and mental focus. As children practice and improve, they learn to overcome obstacles, persevere in the face of difficulty, and bounce back from failures. These experiences build resilience and reinforce their belief in their abilities.

## **Physical Fitness and Self-Esteem:**

**Regular** Taekwondo training improves physical fitness, coordination, and agility. As children become more physically capable, they often develop a better body image and higher self-esteem, which are key components of self-confidence.

## **Discipline and Self-Control:**

Taekwondo teaches discipline and self-control, both of which are important for self-confidence. Children who learn to control their actions, emotions, and reactions are more likely to have a strong sense of self and feel confident in their abilities.

*but those who hope in the Lord  
will renew their strength.  
They will soar on wings like eagles;  
they will run and not grow weary,  
they will walk and not be faint*





Our Worldview

# The Christian Perspective in Taekwondo

At Swift Current Christian Taekwondo, we believe that Taekwondo is not just about physical strength and skill. It's also about character development, moral values, and spiritual growth. That's why we incorporate a Christian perspective into our Taekwondo training.

Here's how our Christian perspective enhances the benefits of Taekwondo:

# Self Confidence means you accept and trust yourself

**Respect and Love for Others:** One of the core principles of Taekwondo is respect for others. This aligns with the Christian commandment to "love your neighbor as yourself". In our classes, students learn to treat others with kindness, respect, and compassion, fostering a sense of community and mutual support.

## **Moral Framework:**

Our Christian perspective provides a moral framework for our Taekwondo training. We teach students that their skills should be used responsibly and ethically. This helps them develop a strong moral compass, which is an important aspect of self-confidence.

**Faith and Perseverance:** The Christian faith teaches us to trust in God's plan and to persevere in the face of challenges. These lessons are mirrored in the journey of learning Taekwondo, where students must show persistence and faith in their abilities to progress.

**Humility and Service:** In line with Christian values, we emphasize the importance of humility and service to others. Students learn that true confidence is not about boasting or looking down on others, but about recognizing their own worth and using their abilities to serve others.

*“Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.”*

# Real-Life Stories

In this chapter, we share inspiring stories of students who have experienced a boost in self-confidence through our Taekwondo classes. These stories illustrate the transformative power of Taekwondo when taught from a Christian perspective.





# Testimonies

## Story 1: Overcoming Shyness

Meet Sarah, a 10-year-old who was extremely shy when she first joined our classes. She was hesitant to participate and struggled to make eye contact. However, through regular Taekwondo training, Sarah began to come out of her shell. She learned to set and achieve goals, which boosted her self-confidence. Today, Sarah is one of our most enthusiastic students and isn't afraid to take on new challenges.

## Story 2: Building Resilience

Then there's John, a 12-year-old who had a hard time dealing with failure. He would get upset and discouraged when he couldn't master a new move right away. Through Taekwondo, John learned the value of perseverance and resilience. He realized that failure is just a stepping stone to success, which significantly improved his self-confidence.

## Story 3: Developing Discipline

Finally, let's talk about Emily, a 9-year-old with a lot of energy but little focus. Emily's parents were worried about her ability to concentrate and follow instructions. Taekwondo helped Emily channel her energy positively and develop discipline. She learned to focus on her tasks, follow instructions, and respect others, which boosted her self-confidence.

*“Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.”*

*Build confidence,  
not excuses*

Taekwondo has helped me with self-confidence. Before I said, I can't do it but now Taekwondo has made me realize that if I try hard enough, I can do anything.

Taken from a student's essay



# Supporting Your Child's Journey in Taekwondo

As parents, we play a crucial role in our children's journey in Taekwondo and in building their self-confidence. Here are some ways you can support your child:





## 5 Tips You Can Use

### **Encourage Consistent Practice:**

Regular practice is key to mastering Taekwondo and building self-confidence. Encourage your child to attend classes consistently and practice at home.

**Celebrate Progress:** Every new belt or skill mastered is a milestone worth celebrating. Acknowledge your child's progress and achievements, no matter how small, to boost their self-confidence.

**Promote Perseverance:** Taekwondo can be challenging, and your child may face setbacks. Encourage them to persevere, reminding them that every challenge is an opportunity for growth.

**Reinforce Christian Values:** Reinforce the Christian values taught in our classes at home. Discuss the importance of respect, humility, service, and love for others.

### **Provide a Safe Space for Expression:**

Allow your child to express their feelings about their Taekwondo journey. Listen to their challenges and victories, fears and hopes. This will help them feel supported and confident.

*“Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.”*

# Conclusion

Throughout this e-Book, we've explored the powerful role that Taekwondo, taught from a Christian perspective, can play in building self-confidence in children. We've discussed the principles of Taekwondo, the benefits it offers for self-confidence, and how Christian values enhance these benefits. We've also shared real-life stories of transformation and provided tips for parents to support their child's journey in Taekwondo.

Building self-confidence in children is a gradual process, but with consistent practice, support, and the right approach, it's an achievable goal. Taekwondo offers a unique and effective way to foster self-confidence, teaching children valuable skills and principles that they can carry with them throughout their lives.

*I can do all this through him who gives  
me strength.*

# Next Steps

If you're interested in enrolling your child in Taekwondo classes at Swift Current Christian Taekwondo here's how you can get started:

- 1. Visit Our School:** Come and see our classes in action. Meet our instructors and get a feel for our teaching style and community.
- 2. Try a Free Class:** We offer a free trial class for new students. This is a great way for your child to experience Taekwondo firsthand.
- 3. Talk to Us:** We're here to answer any questions you may have. Whether you want to know more about our classes, our teaching approach, or how we incorporate Christian values into our training, don't hesitate to reach out.

Thank you for taking the time to read this e-Book. We look forward to welcoming you and your child to our Taekwondo school and supporting your child's journey in building self-confidence.

*Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”*



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