



**TAEKWONDO
BREATHING
TECHNIQUES**

Gary Voysey

Introduction to Taekwondo Breathing



My name is Gary Voysey, and I am the founder and Head 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.

Breathing techniques are a fundamental part of Taekwondo, deeply integrated into training to help practitioners maintain focus, control emotions, and perform with precision. These techniques are not only beneficial during martial arts practice but also in daily life, helping to manage stress, enhance concentration, and promote overall well-being.

Benefits of Taekwondo Breathing

- **Increases Focus:** Regular practice helps in sharpening concentration and staying present.
- **Reduces Stress and Anxiety:** Controlled breathing calms the nervous system, reducing stress and anxiety levels.
- **Enhances Physical Performance:** Proper breathing improves oxygen flow, enhancing energy levels and physical performance.
- **Improves Emotional Control:** Helps regulate emotional responses, fostering a more balanced mental state.

Breathing Technique 1: Basic Belly Breathing

Purpose:

To lay the foundation for all other breathing practices by learning to breathe deeply and fully.



Instructions:

- 1. Sit comfortably with your back straight or lie flat on the floor, your bed, or another comfortable surface.**
- 2. Place one hand on your belly just beneath your ribs and the other hand on your chest.**
- 3. Breathe in deeply through your nose, and let your belly push your hand out. Your chest should not move.**
- 4. Exhale through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.**
- 5. Do this breathing 3 to 10 times. Take your time with each breath.**

Daily Practice Routine:

Practice for 3-5 minutes twice a day, ideally in the morning to invigorate the body and at night to calm the mind before sleep.

Breathing Technique 2: Pursed Lip Breathing

Purpose:

To slow down breathing pace, which can help with focus during stressful situations or intense focus tasks



Instructions:

- 1. Inhale slowly through the nose for two counts.**
- 2. Pucker or purse your lips as if you're going to whistle.**
- 3. Exhale slowly by blowing air through your pursed lips for a count of four.**
- 4. Repeat this breathing pattern for a few minutes.**

Daily Practice Routine:

Use this technique particularly when you feel anxious or stressed, or when focus is required during tasks or activities.

Tips for Practice with Children



Make It a Game: Turn the breathing exercises into a fun game by having children "blow up" imaginary balloons or "cool down" hot food.

Use Visuals: Use colorful illustrations to show how the diaphragm and lungs work.

Be Patient: Allow children to go at their own pace and encourage regular practice by doing the exercises together

By incorporating these breathing techniques into your daily routine, you can significantly improve your mental focus and physical health. These practices are designed to be accessible to all ages, making them a perfect family activity that promotes health and well-being.