Taekwondo provides fitness kick for students

BY LINDSEY WILLIAMS  
Staff Reporter

There are ways to fix those too-tight-fitting jeans after the holidays.

A Taekwondo class takes place every Tuesday and Thursday from 8 to 9:30 p.m. in the rec center aerobics room. The purpose of the class is to teach beginners the techniques and moves often used in Taekwondo and to build on that knowledge for those who have previous experience. Students do not need for costumes. Roughly half the class each semester is made up of newcomers to the sport.

Each session will consist of warm ups, training, drills and cool-down sessions to teach form, coordination and proper techniques when facing an opponent. Students also will be shown the ropes in sparring, which in the Taekwondo ring is fighting your opponent with quick moves of your feet and hands while wearing padding.

“Taekwondo is definitely a lower body martial art,” senior instructor Leigh Gilmore said. “It’s kind of rough when you’re a freshman with the whole 25 pounds that everyone seems to gain, and this definitely helps.”

Gilmore said she uses Taekwondo to help her through stressful times.

“I will have to say that being able to work out, especially in stressful times, is really nice,” Gilmore said. “It can kind of let off some steam if you have a bad paper or a test or something, and it’s really nice to work out during the week.”

Leigh Gilmore
Senior instructor

Cindy Maupin, who has been practicing the martial art for a little more than a year now, said attending this class helped her in more ways than one.

“I actually broke my leg in the summer of 2007, so I decided that in 2008 I would start Taekwondo to strengthen my leg up, and it really helped,” Maupin said. “Aside from getting fit, flexible and relaxing moves, the class also helps teach students discipline and respect. It’s also a great stress reliever for family, leaving when exercising or relaxing the more you address your stress.”

“Uniforms are not required of white belts, but the mouthguards are necessary and can be purchased at Wal-Mart,” Gilmore said. “I actually broke my leg in the summer of 2007, so I decided that in 2008 I would start Taekwondo to strengthen my leg up, and it really helped.”

“We’re also going to be having some demos in the spring, and they’re going to be a part of Asian culture night, so everyone should check that out,” Gilmore said.

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Senior Amanda Miller, who is new to martial arts, said she is excited to begin taking this class to try something new.

“Maybe [it will] give me some motivation to come on a regular basis,” she said.

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Gilmore said: “It’s never too late to join,” Gilmore said. “Which I can say for my senior instructor, he’s 60 years old back home, you’re never too old to start!”