

# Psychological Benefits of Taekwondo Training for Underprivileged Children

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## ABSTRACT

Taekwondo is an art of hand and foot frightening. Thousands of years ago Taekwondo was formed by Korea. During the first century on Peninsula of Korea, the first managed development of taekwondo martial art training come in use and over 2000 years ago when the three kingdoms, Silla, Goguryeo and Baekje ruled, the taekwondo martial art start developing. As expected, the practice of taekwondo started in the ancient time, around 5000 years ago as there were no weapons and in form of weapons the human being use his her hands to fight. It was suggested that, firstly the practice of taekwondo was use for protecting from the animals as well as for hunting it is also used. It is also use for the self-defense and making body strong. The martial art technique was use for those animals who were wild and reflection technique was used as the attack can come from anywhere. So, the pattern being made of blocks and kicks so it can be use appropriately and nowadays it is also practiced. These techniques were mostly used for the hunting and for self-defense from the enemies and animals. These techniques were majorly known to everyone, even children also as they learnt to protect themselves.

Slum is a type of area where the living standard is very bad in conditions with full of dirt or we can say no construction is done from past many years. Slum is the most populated area where week and dirty human being live in worst conditions and associated with poverty. As the don't have source of income or just too small things for livelihood. The construction of slum area house were unconstructed and always in bad conditions. As in it mostly poor human being stays with family. In some countries they can be located in urban areas or in suburban areas where the quality of houses are in very bad conditions and very low. As well as the facilities are very low in slum areas and its full backward. It does not have any hospital facilities or any other too. Rich people always avoid to visit at slum areas

## Bloating of Various Kwans

After the World War II in 1945, The Japanese occupation open the new Schools opened called KWANS in Seoul as martial art school. the founders of the nine original *kwans*—who were able to study in Japan were exposed to Japanese Martial Art, including karate, judo, and Kendo, others were exposed to the martial arts of China and Manchuria.

All around the world historical influences taekwondo have been disputed, with two main schools All around the world historical influences of thoughts: Traditionalism and Revisionism. Traditions holds that the origin of taekwondo are indigenous while Revisionism argues as the roots of Karate. The Korea government always supported the Traditional form as accepted the Taekwondo.

## Attempt to Standardize taekwondo

South Korea Army officers Choi Hong Hi and Nam Tae Hi perform the martial art demonstration, which

was witness by President of South Korea Syngman Rhee in 1952. He misunderstands the demonstration technique of Taekkyon and he ordered to put as well as to introduce the martial art in the single system of army. In the starting of 1995 the top leaders arranged the meeting and decided to work and form unified Korean martial art. Up to now, Tang Soo Do was use as the Korean Karate in form of its term, using the Korean hanja and this is also part of discipline

This martial art name was in not in craze as it was denoting the Chinese atmosphere so after the several discussions finally Choi Hongi-hi decided to use the word as Tae Kwon Do. The leaders of Kwans were slow to catch up the new name. during this time period South Korean military accepted the taekwondo which increase threw craze as well as popularity among schools of martial art and country civilian.

### **Enlargement of multiple style**

For emerging the Korean martial art the Korea form the association in 1959 as The Korea Tang Soo Association (later on Korea Taekwondo Association). As Choi thoughts goes high and he wanted that all the members of Kwans accepted and adopt the style of Chan Hon Style of taekwondo, but other Kwans members opposes and want that it should be based on basic inputs in martial art to serve and greet as a way of heritage.

To explore and make them teach about the taekwondo to the whole continent and covering the whole Korea, with disagreement of governing body South Korea established International Taekwondo Federation (ITF), a separate body in Canada.

In this duration as a personal relationship, the President of South Korean give small amount of support to the international body of taekwondo. Again, the huge discussion was conducted from accepting the international body in south Korean. After the heavy discussion in 1972 the South Korea take back all his support for ITF.

After this crash the ITF continued to function as fully independent federation, as it form its headquarter in Toronto, Canada. Choi continued to develop the ITF style. When Choi get retired ITF get divided in 2001 and then after one year in 2002, three separate Federation were formed, which is still working with same name.

The South Korea government of Ministry of Culture, Sports and Tourism along with KTA formed the new national academy for Taekwondo as KUKKIWON in 1972. Through KTA, Kukkiwon work in different styles and serve the services.

Now in 1973 the KTA along with Kukkiwon fully supported the establishment of World Taekwondo Federation (WTF), due to overlapping its name was change by World Taekwondo. Kukkiwon get the new more responsibilities as it focuses on the martial art and self-defense as Kukki-Taekwondo. The World Taekwondo established and support the Sportive side and its competitions and working on techniques and styles.

With lots of efforts in 2021 Taekwondo been introduced in Olympic along with Judo and Karate. In 2010 Taekwondo is also accepted as national games.

### **(Origin of Taekwondo – Ancient times**

Taekwondo means the ‘art of hand and foot frightening. Thousands of years ago Taekwondo was formed by Korea. During the first century on Peninsula of Korea, the first managed development of taekwondo martial art training come in use and over 2000 years ago when the three kingdoms, Silla, Goguryeo and Baekje ruled, the taekwondo martial art start developing. As expected, the practice of taekwondo started

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### Manifest of origin

There is some speculation that Taekwondo martial art is not the origin of Korea but and that is the break off Chinese and other Asian martial arts.

Eastern China martial art is origins from the India monk called Bodhidharma. According to the Buddhist book , the Buddha visited to China in 6<sup>th</sup> century AD and formed a monastery at Shaolin-So. He started to teach, the control on breadth and to meditate.

During the time of practicing, the Chinese were very week through their body so monk started them to teach self-defense and teaching them to keep body strong. After some years the Chinese combined the all art with Taoism and I-Ching to from Kung fu, Kempo and Tai Chi Chuan.

In Korea, the evidence of taekwondo of three kingdoms where mural painted on wall of the Myung-Chong tomb located in Tunsko and built in Goguryeob Kingdom sometime in the first century. It shows two young people sparring. Other tombs found same murals which show the two people facing each other with action of performing the kick and practicing the martial art.

Taekwondo occurs from the 3 words as:

TAE - Kick

KWON – Fist or Punch

DO – the art

Where it means the art of performing the kicks and punches. Taekwondo is the art of self defense. It is the oldest form of martial art around 2000 years.

Taekwondo is also known as TKD, tae kwon do, tae kwon-do, taekwon-do, tae-kwon-do. It focuses on striking and kicking. It is origin from South Korea. Taekwondo become Olympic sport sice 2000 (demonstration sport in 1988). The highest governing body is World Taekwondo at South Korea.

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The Taekwondo is the contact based as it is full contact, Light and medium contact and it is for both men and women.

Competition	Year
<i>Olympic</i>	<i>Since 2000</i>
<i>Paralympic</i>	<i>Since 2020</i>
<i>World Games</i>	<i>1981-1993</i>

Taekwondo is practiced by wearing the dress name as debok. Taekwondo have two arts or types :

1. Kyuorgi
2. Poomase

Where in Kyuorgi player fight with the opponent and won the game by having maximum points. Whereas in Poomase the shadow fight and style is performed

### **SLUM:**

During the 19<sup>th</sup> century, rich and poor live in one district together, whereas rich live in the high streets and poor live just their back streets. But in the end of 19<sup>th</sup> century the growth of rich people expands and they start adopting area and slowly poor people start leaving that place.

In the early 20<sup>th</sup> century, the slum area was common in USA and Europe. London's East End is generally considered the locale where the term origin in the 19<sup>th</sup> century, through the urbanization the industrial areas led to overcrowding and slowly poor have to get migrated.

Charles Dicken – most famous Oliver Twist (1837-1839) and echoed the Christian Socialist values of time which soon found the legal expression in the Public Health Act of 1848.

During the time Slum clearance movement get speed, so moralist novels such as A child of the Jago (1896) resulting the clearance of the slum and rebuilding the programs such as Boundary Estate (1893-1900) and formed the charitable trust such as Peabody Trust founded in 1862 and Joseph Rowntree Foundation (1904) which is still in active zone to provide decent housing today.

The Slum area is connected with Victorian Britian particularly in industrial English town and Dublin city in Ireland. Friedrich Engels denotes as the cattle sheds for human being to these British neighborhoods.

They were situated up to 1940, than British government removed the Basti houses and build the new council houses. Still there are few Basti houses are left as to tell people how it was in look in UK, but mostly government removed and reconstructed and reformed with better public housing.

In Europe, the slum was normal and common. By 1920s it become a common slang expression in England, either it means, 'loose talk' or gypsy language, or a room with 'low going-ons'.

Slum is a type of area where the living standard is very bad in conditions with full of dirt or we can say no construction is done from past many years.

Slum is the most populated area where week and dirty human being live in worst conditions and associated with poverty. As the don't have source of income or just too small things for livelihood.

The construction of slum area house were unconstructed and always in bad conditions. As in it mostly poor human being stays with family. In some countries they can be located in urban areas or in suburban areas where the quality of houses are in very bad conditions and very low.

As well as the facilities are very low in slum areas and its full backward. It does not have any hospital facilities or any other too. Rich people always avoid to visit at slum areas

In big cities slums are the bad and dirty area as it is always overcrowded and in bad conditions. When we just look our city area, we see that some areas are in bad conditions as well as full of dirt, as well as discouraging place to live.

When we see neighborhoods cities, as they are fancy and full of wealthy people, while others are slums. We find that mostly slums are poor. The living conditions of every slum is same, as were there is no facilities of hospitals, restaurant, shops etc. In 1800, the term was used as "Back Alley" or "street of poor people", and was eventually shortened to simply slum.

***Facts about Slum:***

1. 1.6 billion people live without adequate shelter.
2. 1 out of 7 people on the planet currently lives in a slum.
3. An estimate 1 in 4 people will live in a slum by 2030.
4. 1 in 3 urban resident lives in slums in developing countries.
5. In few countries, 90% of the urban population live in slums.

To know the living condition of slum areas, it must be focus on health issues, as they face many health issues regarding their lives. Their life is far from the advance technology as well as high profile resources as well as they face many small problems which has no solution. As well as they face criticism and violence.

These slums areas don't have any high resources such as clean water, cleanness, health resources facilities etc. and they caused by many diseases. Due to high density of population and shortage of toilets, these spread high amount of diseases which create high risk due to population health facilities effects.

**Safety & Violence in Slums:**

In slums safety measures are at zero level and face many shortages of safety equipment which occurs lots of health problems and shortage of resources creates high voltage violence.

**TOP FIVE SLUM AREAS IN INDIA:**

1. Dharavi Slum, Mumbai.
2. Bhalswa Slum, Delhi.
3. Nochikuppam slum, Chennai.
4. Rajendra Nagar Slum, Bangalore.
5. Basanti Slum, Kolkata

Training is the teaching method and developing the personality with any skills and knowledge or fitness, which is related to the specific competencies.

Training is type of teaching and learning different types of skill related to particular thing or activity.

It is a type of basic thing which train any athlete or any one for particular event. Training helps to achieve the goal. Training need can be as follows:

- Environmental changes
- Organizational complexity
- Human Relations
- To make person specific with particular activity required as well as its needs.

Sports Training is a process of scientific principles of preparing the sports person and developing the skills and capacity. Sports training means training of any athlete for the competition. The training provide to athlete is goal oriented.

In ancient time it denotes the process of preparation of some tasks. Nowadays it is a process which can be of months or years.

**METHODOLOGY AND PROCEDURE**

The Methodology and design of the study has been categorized under the following points

**POPULATION:**

In the present study slum children are from district Aligarh (Uttar Pradesh) under the guidance of Muskurahat Ki Pahal NGO (Registered number – ALI/00642/2020-2021). These slum children live with their family at road aside in ‘Tambu’, Aligarh near Etah Chungi Gandhi-park Thana.

**SELECTION OF SUBJECTS:**

**Subject -:** For selection of the subjects random sampling method was used to select the subject from slum area of Aligarh district only.

**Number of subjects -:** For this study 15 slum children were selected randomly from Aligarh city.

**Area of study-** Aligarh, Uttar Pradesh

For this study 15 slum children were selected randomly including both the sex (Boys-08, Gilrs-07)

For this research, researcher have taken Pre-Test and Post Test of Slum Children:

PRE – TEST	Training Period (SIX weeks)	POST – TEST
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**Training Program Duration -:**

The training program will be of six weeks. Whereas in three days has provided for trice training in a week, the duration will be of 60 min per session and age of slum children were ranged from 5-15 years of age.

**SELECTION OF METHOD AND SAMPLING:**

**Sampling methods-**

The subjects were selected by using simple random sampling method from Aligarh district of Uttar Pradesh.

**Selection of variables-**

The researcher selects the subject through NGO name Muskurahat Ki Pahal NGO, as the subject from slum children were taken as variable.

**PROCEDURE OF TRAINING METHOD :**

After selecting of slum children, researcher undergo six-week training program on taekwondo which include kicks, punches and blocks for improvement of Physical fitness as dominant component of performance, power training and stretching as well as yogic exercise were the main content of training. Schedule of training is 60 min per session and three days a week was conducted.

To find out the effect of taekwondo training on slum children, Pre-test was done by three experts differently to detect and measure the punches and kicks of subject by awarding maximum 0-10 marks of scale. Than after six weeks training was imposed after training of sic weeks Post-test was conducted with the same procedure as mention above the Pre-Test.

S.NO.	TRAINING
1.	Leg Stretching
2.	Hand stretching
3.	Yoga
4.	Power training



S.NO6	Skill	Items included in training
1.	<b>KICKS</b>	Straight kick Pushing Kick, Dolleyo Chagi
2.	<b>BLOCKS</b>	Upper block, Lower block
3.	<b>PUNCHES</b>	Face Punch Chest punch Lower punch

**TEST**

For the assessment of Taekwondo playing ability Qualitative Test and Measurement is applied in which three experts of Taekwondo will assist the performance before training.

After Six week of training program of Taekwondo again with the help of Qualitative analysis will measure the performance as mention in the Pre-test.

**PROCEDURE**

*Pre-Test* : The researcher will conduct the pre test of slum children in which three expert will detect the punches and kicks of slum children. The researcher will make a command to slum children to perform the kicks and punches. One by one Slum children will perform and through their performance the expert will rate them out of the scale of 10 marks maximum.



**Pic no. 01**

**The Slum Children Performing the skill of Taekwondo**



**Pic no. 02**

**The Three experts examining the skills.**



**Slum children performing in front of experts**



**Pic no. 04**

**Training:** The researcher has given the training to the slum children whereas the training include the stretching, right position of kicks and punches, hand exercise, yoga etc. The training session was of 5-6



weeks. Training is provided by the different martial art expert Vedant Agarwal and it was verified and judged by photography and videography.



**Pic no. 05**



**Pic no. 06**

**Post Test :** After providing the training, again test was conducted through same experts, and one by one slum children perform the same kicks and punches and through that again experts rate the slum children out of 10.



**Pic no. 07**



**Pic no. 08**





Pic no. 09

**STATISTICAL ANALYSIS**

For the purpose of analysis of the data will be descriptive and ANOVA test is used.

**Statistical Techniques used for the analysis of the data:**

After collection the data was analysed using the following statistical procedures.

**Calculation of mean:**

$$M = \sum fx/N$$

Where,

M= mean

N= Number of scores

$\sum x$ = sum of scores

F= frequency

The correlation coefficient is also known as the Pearson correlation coefficient or the Pearson product-moment correlation coefficient. The Pearson correlation coefficient formula is:

$$r = \frac{\sum xy}{\sqrt{(\sum x^2) \times (\sum y^2)}}$$

Where,

X= Data of first group

Y= Data of second group

M<sub>x</sub>= Mean of X Group

M<sub>y</sub>= Mean of Y Group

x= X-M

y= Y-M

Anova means analysis of variance, Anova test is a way to find out if survey or experiment results are significant in other words they help you to figure out if you need to reject the null hypothesis or accept the alternate hypothesis, basically you are testing groups to see if there's a difference between them.

Anova - One Way Analyses

F ratio formula,

Step-7:  $F = MS_{bg} / MS_{wg}$

Step- 6:  $MS_{bg} = SS_{bg} / df_{bg}$

Step- 5:  $MS_{wg} = SS_{wg} / df_{wg}$

Step- 4:  $df_{bg} = k - 1$

Step- 3:  $df_{wg} = (n_1 - 1) + (n_2 - 1) + \dots + (n_k - 1)$

Step -2:  $SS_{wg} = [ (\sum X_1^2) + (\sum X_2^2) + \dots + (\sum X_k^2) ] - [ (\sum X_1)^2 / n_1 + (\sum X_2)^2 / n_2 + \dots + (\sum X_k)^2 / n_k ]$

Step -1:  $SS_{bg} = [ (\sum X_1)^2 / n_1 + (\sum X_2)^2 / n_2 + \dots + (\sum X_k)^2 / n_k ] - [ (\sum X_1 + \sum X_2 + \dots + \sum X_k)^2 / N_{total} ]$

Where,

N = total number of data

SS= some of square

K= number of groups

MS= mean square

bg= between groups

wg= within groups

df= degree of freedom



**LSD – Least Significant Difference**

$$\text{LSD} = \text{SD} = t \times \sqrt{\text{msw} (1/N_1 + 1/N_2)}$$

## **RESULT, ANALYSIS AND INTERPRETATION OF THE DATA**

### **Introduction:**

The present chapter presents the analysis of data, results and their interpretation. Each section is followed by a brief discussion of the results obtained.

Analysis of data means to make the raw data meaningful or to draw some result from the data after the proper treatment. Thus the analysis of data serves the following main functions-

1. To make the raw data meaningful
2. To obtain significant results
3. To draw some inference or make generalization
4. To estimate parameters

After analysing the data, the next step is to interpret the results. The process of interpretation is essential on the stating what the results or findings show? What do they mean? What is the answer to the original problem?

Interpretation calls for a critical examination of the result of one's analysis in the light of all the limitations of his data gathering and his subjective attitude which should be avoided. One must be critical of one's own thinking.

In the study, after the data collection the researcher has used the one way ANOVA for the analysis of the data.

## **FINDINGS, SUGGESTIONS AND CONCLUSIONS**

### **Discussion on Finding:**

The purpose of the discussion is to present and explain the significance of finding, where it finds that when the slum children was unaware about any self-defense training, their punches and kicks was improper but after providing proper training, the perfection come more than before training, it helps to find the benefits of training.

### **Discussion on Hypothesis:**

It is evident from the above analysis that there was significant difference between the Pre-test data and Post-Test Data as the obtain F value 67.03 was more than the required F crit 4.19.

As the obtained F value was found to be significant, the LDS (Least Significant Difference) was applied to determine the significance of difference between the paired taekwondo skill data.

The analysis pertaining to L.S.D. (Least Significant Difference), where L.S.D. is 0.77 and the Average difference of Pre-test and Post-test is 3.109.

If the average difference is more than the L.S.D. then the result is significant.

When we were comparing about the Pre-test and Post-test the Post-test finds more useful as after providing training such as Stretching, jumps etc. which effect the perfection, the journals regarding Taekwondo helps about the proper training and books help for basic knowledge. Research related to the slums helps to understand them and also been the founder of NGO and social work it was easy to understand the nature and behavior of slum children.

### Suggestions

This study can be done in any area of slum children, the result will be same

### Recommendation

The training must be given to the slum children as training effect the them with positive response. And the result come in the study must be recorded and used for future study.

In the light of the findings of this study the following recommendations can be made to the physical education teachers, and coaches regarding for the slum children on the effects on taekwondo skills/ self-defense. It may be possible for the coaches and teachers of Physical Education to find out effects of training in Slum children.

- Physical Education teachers, coaches use the result of this study as an aid in screening, identification for slum children.
- In the training program for slum children, emphasis must be laid on Pre-test and Post-test measurements which have been found significant for the training.
- The present study may be repeated by selecting the different age group of slum children at updated and advance skill on slum children.
- The present study may be repeated in other games and sports where the performance will develop their skills through training.
- The researcher can recommend this study to be done by taking the result from the same research.

### Conclusion

The research finds the conclusion that if slum children get proper training regarding self-defense than, the perfection can lead them to the bright future. As we find more response after providing the proper training to the slum children. We also find that, the interest for sports get built in them and also the fitness was more effected. At end I conclude that after providing the proper training slum children skills of self-defense get more effective and developed.

The findings suggest that, the hypothesis is significant. However, further research can also be done to explore more related to the training on slum children.

It may be concluded that the research could be further studied for the betterment of the slum children.

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