

We interviewed 2 current Taekwondo practitioners based at Stanford as well as a Taekwondo master in Texas. Both practitioners participate in Stanford's Taekwondo team and have been experienced in martial arts (including but not limited to Taekwondo) for many years. The Taekwondo master based in Texas is a world champion Taekwondo competitor and owns her own dojo.

#### Insights:

- Remote training is often noted as worse in quality compared to in-person training and students in remote classes can be forgotten
- Taekwondo practitioners strongly associate Taekwondo with bringing about positive change to their lives. I.e. community, outgoing personality, personal character, discipline, self-confidence / self-esteem
- Practitioners and masters point to the importance of being able to demonstrate with one's body when speech or language prove to be a problem
- Practitioners are willing to put in extra effort to keep up with Taekwondo teammates, but need external help (personal trainer, strength training course)

“You can use your body in your explanation”

*As long as you can show the movement, then coach can get it*

*Showing how things are done... but hard to pinpoint what is “slightly off”*

- Interviews point to the importance of body movement when learning forms and movements. However, one interviewee noted that she would appreciate speech as a form of getting more details about muscle usage

*Building self confidence for their daughter*

- Taekwondo as a means of showing kids that they can accomplish things if they put their mind to it. This is also echoed by a current Taekwondo practitioner.

Empathy Maps:

[https://miro.com/welcomeonboard/RGtuTVp5ZVZHbVBsbIZ4NkJJTEJNaDJNTkJDTU83a29oU3pEMmNNMDFjUUw4dDAzNDFQakZwbTRabXRObVpnRXwzNDU4NzY0NTM1MTM1MTk1MzcwfdI=?share\\_link\\_id=776587454610](https://miro.com/welcomeonboard/RGtuTVp5ZVZHbVBsbIZ4NkJJTEJNaDJNTkJDTU83a29oU3pEMmNNMDFjUUw4dDAzNDFQakZwbTRabXRObVpnRXwzNDU4NzY0NTM1MTM1MTk1MzcwfdI=?share_link_id=776587454610)