



A MEMBER OF THE WORLD TAEKWONDO FEDERATION



Mt Carmel High School

Australian Hwa Rang Do Academy
Survey Results 2013



Introduction

- Training period 1 school term, usually 9-10 weeks
- Class size between 16-24 students
- Average age 14yrs
- Training venue on site in a class room (carpeted)

Expectations:

- To enable students to experience a different culture.
- Learning the fundamentals of Hwa Rang Do (Courtesy, Integrity, Perseverance, Self Control and Indomitable Spirit)
- To gain confidence in handling conflict and understanding of defensive tactics
- To learn focus of mind and body
- Improved coordination and physical conditioning



Survey Data Before and After

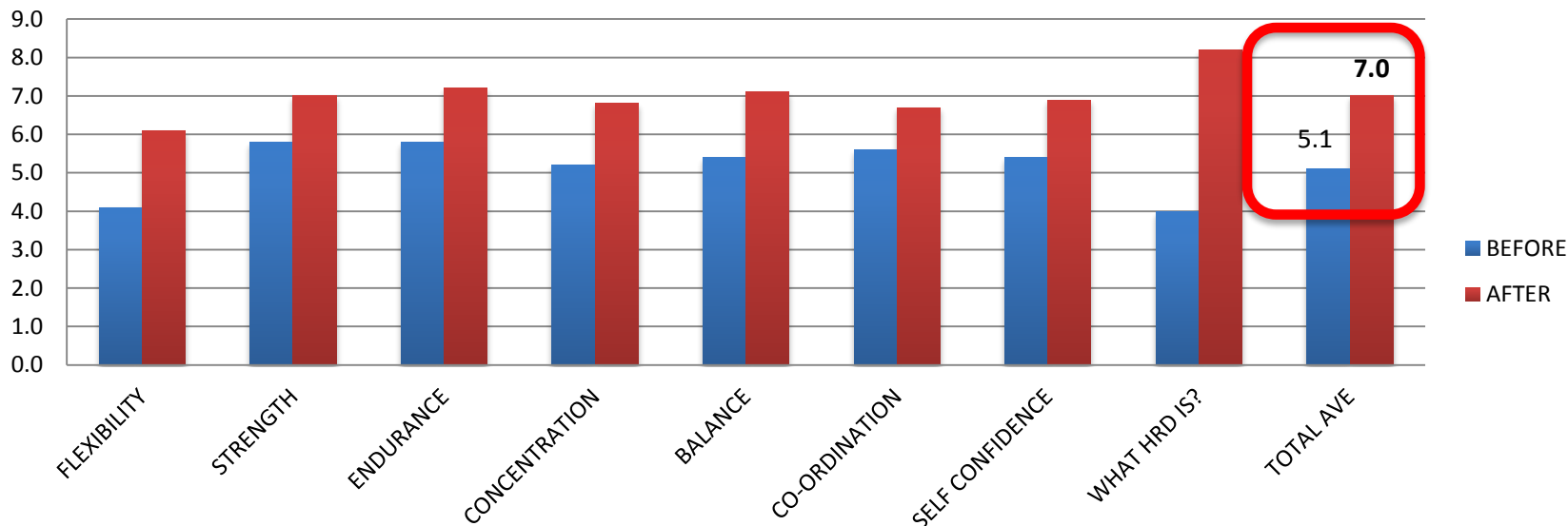
The data below reflects the average student response to survey question:

“How would you rate yourself before and after Hwa Rang Taekwondo?”

- The survey showed a 36.4% improvement overall in student’s self rating after the training.

Before Training: average score = 5.1
After Training: average score = 7.0

Student Self-Rating

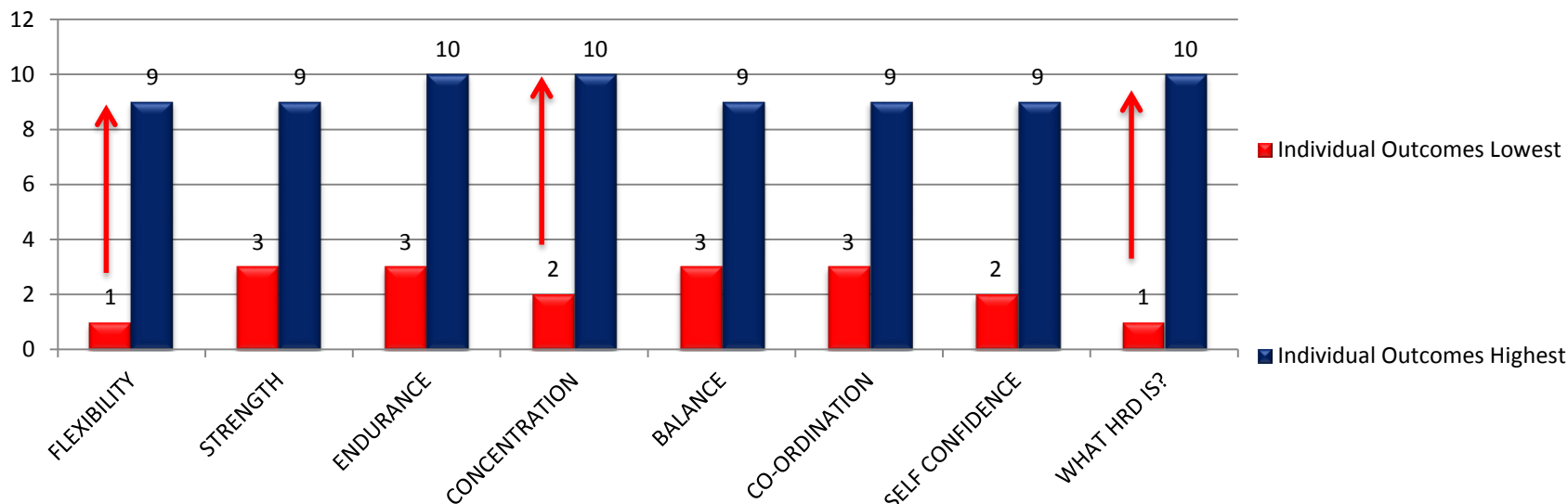




Individual Outcomes

Below are the individual lowest before and the highest after outcomes for each area of focus. Key highlights included:

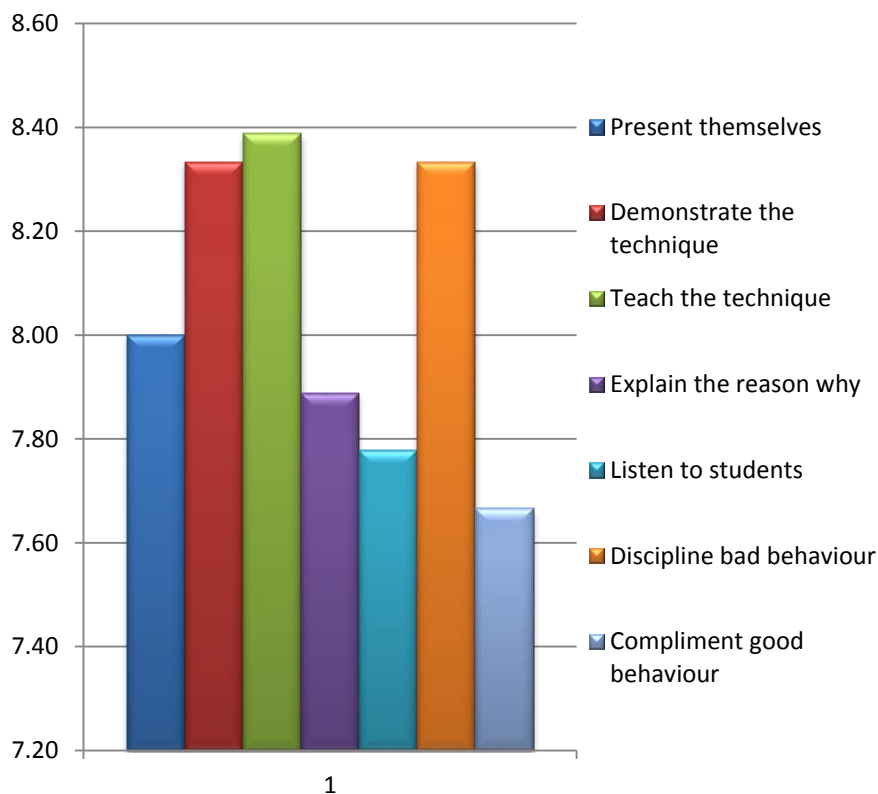
- Significant increase in the understanding of Hwa Rang Do and its 5 tenants.
- Concentration levels dramatically increased.
- Flexibility was greatly improved which helped improve Balance, Co-ordination and Self Confidence.





Surveying the Instructor

Average score of Instructor = 8.06



The purpose of this graph is to affirm the importance of being an effective role model for the students and to ensure continual improvements to the class and instructor.

Commentary:

- The overall satisfactory level for the instructor was high at 8.06, with some skills stronger than others.
- Based on results, two areas to focus on will be to compliment good behaviour more often and listen more for student feedback.



In Summary

Personal Commentary

- It is wonderful to see much improvement across each focus area over the 10 week period (36.4% increase in student self-rating)
- Uncovered some improvement areas for myself also, as I have a personal high standard (8 min score).
- Overall a great group of students who benefited from the time spent. Continual training will help them gain more confidence as they progress to more technical combinations after the 10 week period.
- The biggest improvement before and after training was students' understanding of "What is Hwa Rang Do". Starting average of 4.0 and finished at 8.21. The significance of this is they better understand the 5 Tenants of Hwa Rang Do: Courtesy/Integrity/Perseverance/Self Control/Indomitable Spirit; what each behaviour looks like and how it can benefit them in society.
- Additional benefits include exposure to another culture (Korean) as student learn to count and greet in the Korean language.