



BURNTWOOD & CANNOCK

WHAT IS TAE KWON DO .

IT IS A VERSION OF AN ANCIENT FORM OF UNARMED COMBAT PRACTISED FOR MANY CENTURIES IN THE ORIENT. TAE KWON DO BECAME PERFECTED IN ITS PRESENT FORM IN KOREA.

TRANSLATED FROM KOREAN, TAE LITERALLY MEANS TO JUMP, KICK OR SMASH WITH THE FOOT. KWON MEANS A FIST, CHIEFLY TO PUNCH OR DESTROY WITH THE HAND OR FIST. DO MEANS ART, WAY OR METHOD. TAE KWON DO INDICATES THE TECHNIQUE OF UNARMED COMBAT FOR SELF DEFENCE, INVOLVING THE SKILLED APPLICATION OF PUNCHES, KICKS, BLOCKS, DODGES AND INTERCEPTION WITH THE HAND, ARMS AND FEET TO THE RAPID DESTRUCTION OF THE OPPONENT.

TENETS OF TAEKWON DO

COURTESY

INTEGRITY

PERSEVERANCE

SELF CONTROL

INDOMITABLE SPIRIT

THE FOUNDATION OF TAE KWON DO

TAE KWON DO WAS INAUGURATED IN SOUTH KOREA ON THE 11 APRIL 1955 FOLLOWING EXTENSIVE RESEARCH AND DEVELOPMENT BY THE FOUNDER MAJOR GENERAL CHOI HONG 9TH DEGREE BLACK BELT.

TAE KWON DO WAS INTRODUCED INTO THE UK IN 1967.

THE T.A.G.B WAS FORMED IN AUGUST 1983.

TAE KWON DO INTERNATIONAL WAS INAUGURATED ON NOVEMBER 13TH 1993.

THE BRITISH TAE KWON DO COUNCIL WAS FORMED ON THE 21ST APRIL 1988 AND IS THE GOVERNING BODY RECOGNISED BY THE BRITISH SPORTS COUNCIL.