

TAEKWONDO



What is Taekwondo?

Taekwondo is one of the most systematic and scientific Korean traditional martial arts that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind. Today, it has become a global sport that has gained an international reputation, and stands among the official games in the Olympics. The introduction of Taekwondo in the United States began during the 1950's when a handful of pioneering master instructors traveled to America to spread the art. Throughout the next few decades Taekwondo grew in popularity, not only as a martial art, but as an international sport. The word "taekwondo" consists of three parts: "tae," meaning foot, "kwon," meaning fist or hand, and "do," meaning way of life. All together, taekwondo literally means, "foot and fist way of life." This is an apt description because not only does taekwondo focus [고스톱사이트](http://GOSTOPSITE.COM) on kicking and punching techniques, but also on character development. These aspects of taekwondo have roots in Korea's ancient history. As with judo, taekwondo was developed as a sport that is also representative of a moral code, where principles of loyalty, faithfulness, respect and the preservation of an indomitable spirit form a significant part of taekwondo training.
