

TAEKWON-DO

A Way of life. What exactly is Taekwon-do?

To put it simply Taekwon-do is a version of unarmed combat designed for the purpose of self-defence. However, it is more than just that. It is the scientific use of the body in the method of self-defence, a body that has gained the ultimate use of its facilities through intensive physical and mental training. Though it is a martial art, its discipline, technique, and mental training are the mortar for building a strong sense of justice, fortitude, humility and resolve. It is this mental conditioning that separates the true practitioner from the sensationalist, content with mastering only the fighting aspect of the art.

Translated Tae kwon-do literally means:-

"TAE" Stands for jumping or flying, to kick or smash with the foot.

"KWON" Denotes fist, chiefly to punch or destroy with the hand or fist.

"DO" Means an art or way, the right way built and paved by the saints and sages in the past.

Thus taken collectively "Tae kwon-do" indicates the mental training and techniques of unarmed combat for self-defence as well as health, involving the skilled application of punches, kicks, blocks, dodges with bare hands and feet to the rapid destruction of the moving opponent or opponents. Tae kwon-do definitely enable the weak to possess a fine weapon together with a confidence to defend him or herself and defeat the opponent as well. In the case of the student of Tae kwon-do who has been in constant practice or the experts themselves, they spend no time thinking, as such action becomes automatically to them. Their actions, in short, have become conditioned reflexes. Hours spent on training will not be wasted, for surely you will reap a rich reward in the form of speedy reactions and deadly blows to rain down upon the enemy or in any case to save a life if and when the need arises.

Pages are taken from the Taekwon-do encyclopaedia. Written by the late General Choi Hong Hi. (The Founder of Taekwon-do)