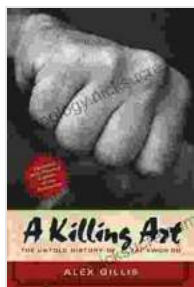


The Untold History of Tae Kwon Do: Updated and Revised

Tae Kwon Do is a martial art that originated in Korea. It is one of the most popular martial arts in the world, with an estimated 70 million practitioners. Tae Kwon Do is characterized by its emphasis on kicking techniques, and it is often used in self-defense.

The Origins of Tae Kwon Do

The origins of Tae Kwon Do can be traced back to the ancient Korean martial art of taekkyeon. Taekkyeon is a form of unarmed combat that was developed by the Korean military during the Three Kingdoms period (57 BC - 668 AD). Taekkyeon is characterized by its use of fluid, circular movements and its emphasis on kicking techniques.



A Killing Art: The Untold History of Tae Kwon Do, Updated and Revised by Alex Gillis

★★★★☆ 4.7 out of 5

Language : English
File size : 15334 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 267 pages



In the 19th century, taekkyeon began to decline in popularity as Western martial arts, such as boxing and judo, became more popular in Korea.

However, in the early 20th century, there was a revival of interest in taekkyeon. This revival was led by a group of Korean nationalists who believed that taekkyeon was an important part of Korean culture.

The Development of Tae Kwon Do

In 1955, the Korean government established the Korea Taekwondo Association (KTA). The KTA was responsible for standardizing the rules and techniques of Tae Kwon Do. The KTA also began to promote Tae Kwon Do internationally.

In the 1960s and 1970s, Tae Kwon Do became increasingly popular around the world. This popularity was due in part to the success of Korean martial artists in international competitions. In 1980, Tae Kwon Do was officially recognized by the International Olympic Committee (IOC).

Tae Kwon Do Today

Today, Tae Kwon Do is one of the most popular martial arts in the world. It is practiced in over 200 countries and territories. Tae Kwon Do is used for self-defense, competition, and as a form of physical fitness.

There are many different styles of Tae Kwon Do. Some of the most popular styles include:

- **Kukkiwon Tae Kwon Do:** This is the official style of Tae Kwon Do taught by the KTA.
- **Moo Duk Kwan Tae Kwon Do:** This style was founded by Hwang Kee in 1944. Moo Duk Kwan Tae Kwon Do is known for its emphasis on self-defense techniques.

- **Song Moo Kwan Tae Kwon Do:** This style was founded by Ro Byung Jik in 1946. Song Moo Kwan Tae Kwon Do is known for its emphasis on kicking techniques.
- **Chang Moo Kwan Tae Kwon Do:** This style was founded by Yoon Byung In in 1954. Chang Moo Kwan Tae Kwon Do is known for its emphasis on sparring techniques.
- **Oh Do Kwan Tae Kwon Do:** This style was founded by Choi Hong Man in 1955. Oh Do Kwan Tae Kwon Do is known for its emphasis on power techniques.

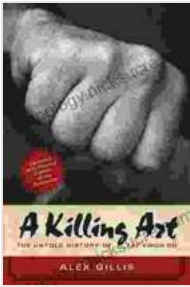
The Benefits of Tae Kwon Do

There are many benefits to practicing Tae Kwon Do. Some of the benefits include:

- **Improved physical fitness:** Tae Kwon Do is a great way to improve your cardiovascular health, strength, and flexibility.
- **Increased self-confidence:** Tae Kwon Do can help you to develop a greater sense of self-confidence.
- **Improved self-defense skills:** Tae Kwon Do can teach you how to defend yourself against an attacker.
- **Stress relief:** Tae Kwon Do can be a great way to relieve stress.
- **Socialization:** Tae Kwon Do classes can be a great way to meet new people and make friends.

If you are interested in learning more about Tae Kwon Do, there are many resources available. You can find Tae Kwon Do classes at most

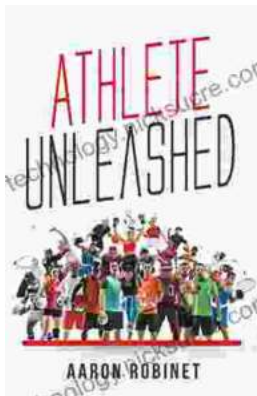
martial arts schools and fitness centers. You can also find information about Tae Kwon Do online.



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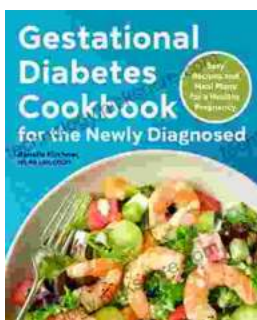
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