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time, Choi Hong Hi, an army officer, began teaching his martial arts to some of his



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soldiers and within a few years it became one of the cornerstones of training. In April 1955, Taekwondo was chosen as the new name of the national martial art by a board of instructors, historians, and other prominent persons.

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Masters Lee covers most aspects of Taekwondo

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such as the stretches, the strikes, kicks, and he even devotes a Page 8/26

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Endorsed by the World Taekwondo Federation, this official manual features more than 1,200 photographs that detail every step, from the first forms to the most intricate techniques of the art. It includes background notes on Taekwondo's history, philosophy, and symbols, and complete coverage of breaking, sparring, and competition including officiating guidelines and contestant qualifications.

## **Official Taekwondo Training Manual: Soon Man Lee: Trade ...**

Yellow Belt History of Taekwon-Do, Condensed  
November 9th, 1918 General Choi Hong Hi was

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born in Korea. April 11, 1955 saw the christening of Taekwon-Do when General Choi after exhaustive researching, developing and experimenting, proclaimed Taekwon-Do to the world as a

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