WHAT IS TAE KWON-DO?

Tae Kwon-Do is a version of unarmed combat designed for the purpose of self-defence. With a history of over two thousand years. It is more than just that, however…….

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 the intensive physical and mental training. Though it is a martial art, the discipline, technique and mental training are the mortar for building a strong sense of justice, fortitude, humility and resolve.

This is one of the reasons that Tae Kwon-Do is called an “art of self-defence”. It implies a way of thinking and life, particularly in instilling a concept and spirit of strict self-imposed discipline and an ideal of noble moral rearmament.

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 of fist. “Do” means art, way of 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.

Tae Kwon-Do enables the weak to possess the fine weapon together with the confidence to defend oneself.

THE FOUNDATION OF TAE KWON-DO

Tae Kwon-Do was inaugurated in South Korean on 11th April 1955 following extensive research and development by the founder Major General Choi Hong Hi (9th Degree Black-Belt)

Tae Kwon-Do was introduced into the United Kingdom in 1967

The Tae Kwon-Do Association of Great Britain (T.A.G.B.) was formed in August 1983

On the 21st April 1988 a new governing body for Tae Kwon-Do was formed called the British Tae Kwon-Do Council (B.T.C.)

The T.A.G.B. is a founder member and is also the largest organisation in the B.T.C. which has a current membership of over 25,000 students.

The T.A.G.B. is a member of Tae Kwon-Do International, which is a worldwide body with representation on every continent. Tae Kwon-Do International (T.I.) was inaugurated on 13th November 1993

THE CHAIRMAN OF THE T.A.G.B. IS:

GRAND MASTER DAVID OLIVER (9th Degree Black Belt)

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