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an official document or simply part of the oral tradition. Following the appropriate protocol is considered to be civilized behavior. In ITF Taekwon-Do we have always followed protocol. It is an integral part of the martial arts, and General Choi taught us that it is extremely important. However, because we have

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Taekwondo is defined as a hard-style system of the martial arts— with penetrating kicks and punches, and forceful linear attacks. Dedicated practitioners know that advanced training means not only striving to master techniques, but also developing a deeper understanding of the history, philosophy, and concepts at the core of this martial art.

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