Wtf taekwondo forms pdf
The Korean Peninsula has a long history of martial arts, dating back to the 1st century BC. The earliest records of Korean martial arts are found in the Goryeo period (918-1392), and the first recorded martial art was the Goryeo-style. The practice of martial arts in Korea was greatly influenced by the Japanese occupation from 1910 to 1945, during which time many Korean martial artists were forced to adopt Japanese martial arts. After the Korean War, the Korean Taekwondo Association was established, and Taekwondo became a national sport. The World Taekwondo Federation (WTF) was established in 1973, and Taekwondo became an Olympic sport in 1988. Taekwondo is a combat sport that combines kicks, punches, and blocks, and it is a non-contact sport with a headgear that protects the face and head. Taekwondo competitions are held on a rectangular mat, and the focus is on the execution of techniques and the precision of movements. Taekwondo is a form of martial arts that originated in Korea and is based on principles of respect, discipline, and physical fitness. Taekwondo practitioners are known as Taekwondokas, and they are divided into different ranks based on their skill level. The practice of Taekwondo is governed by the World Taekwondo Federation (WTF), which is the governing body for the sport. Taekwondo is practiced in many countries around the world, and it has a large following of fans and practitioners. Taekwondo is a sport that combines elements of both traditional and modern martial arts, and it continues to evolve and adapt to the changing needs of its practitioners. The knowledge and skills gained through the practice of Taekwondo can have a positive impact on an individual's physical and mental well-being, and it can also serve as a valuable tool for self-defense and conflict resolution.