

# Authentic Taekwon-Do



## Definition of Taekwondo

Taekwon-Do, a way of life. What exactly is the meaning of Taekwon-Do? To put it simply Taekwon-Do is a version of unarmed combat designed for the purpose of self-defence. However it is more than just that. It is the scientific use of the body in the method of self-defence; a body that has gained the ultimate use of its faculties through intensive physical and mental training. It is a martial art that has no equal in either power or technique. Though it is a martial art, its discipline, technique and mental training are the mortar for building a strong sense of justice, fortitude, humility and resolve. It is this mental conditioning that separates the true practitioner from the sensationalist content with mastering only the fighting aspects of the Art. This is one of the reasons that Taekwon-Do is called an art of self-defence. It also implies a way of thinking and life, particularly in instilling a concept and spirit of strict-imposed discipline and an ideal of noble moral rearmament.

Translated literally "Tae" stands for jumping or flying, to kick or smash with the foot "Kwon" denotes the fist-chiefly to punch or destroy with the hand or fist. "Do" means art or way-the right way built and paved by the saints and sages of the past. Thus taken collectively "Taekwon-Do" indicates the mental training and the techniques of unarmed combat for self-defence as well as health, involving the skilled application of punches, kicks, blocks

and dodges with bare hands and feet to the rapid destruction of the moving opponent or opponents.



Taekwon-Do definitely enables the weak to possess a fine weapon together with confidence to defend themselves and defeat their opponent as well. Of course, wrongly applied, Taekwon-Do can be a lethal weapon. Therefore mental training must always be stressed to prevent the student from misusing it. As for women folk, they will



indubitably find Taekwon-Do as invaluable asset in self-confidence and personal protection. When one is informed of the many instances where women effectively protected themselves against physically superior opponents, they may sound unbelievable. But really, they have been able to do so because they are well versed in the art of self-defence.

The feats of Taekwon-Do are great in number. To mention a few is probably pertinent: For instance, flying over a mounted motorcycle or eleven persons in line to attack a target with

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the foot, breaking two pieces of red brick with an open hand or knife-hand; smashing seven or eight pieces of two inch thick pine board with a single blow with the fist, attacking two targets with the same foot in succession while flying and so on. To the layman in the street, such feats may sound impossible, but to the serious students of Taekwon-Do and the exponents of the art, it is quite ordinary. Of course, by mastering this art it does not mean that you will be asked to do acts of impossibility. Particularly if someone should challenge you to kill a wild bull with your bare hands. Therefore, it is clear that an equivalent demonstration of such uses of pure somatic force is not being seen in other forms of physical combat technique. Incessant training is essential to keep oneself in top form and physical condition. In training, all the muscles of the human body will be used. From the use of one's muscles, it will be impossible to harness all available power generated by every muscular contraction. It will then be necessary to deliver such power to the human target especially to where the most vulnerable points or vital spots of one's opponent are located, in particular when the opponent is in motion. At this point, it is necessary to remind the students of Taekwon-Do that this art of self-defence is specially designed for swift retaliation against the moving aggressor. Most of the devastating manoeuvres in Taekwon-Do are based specifically on the initial impact of a blow plus the consequential additional force provided by the rebound of the opponents moving part of the body. Similarly by using attackers force momentum, the slightest push is all is needed to upset their equilibrium and to topple them.



In the case of the students of Taekwon-Do who have been in constant practice or the experts themselves, they spend no time thinking, as such an action comes automatically to them. Their actions, in short, have become conditioned reflexes. Therefore, throughout the Encyclopaedia of Taekwon-Do the readers will notice that repeated emphasis is placed on regular training, in order to master the techniques of attack and defence. Hours spent on training will not be wasted; for surely you

will reap a rich reward in the form of speedy reactions and deadly blows to rain down upon your enemy or in any case to save your life, if the need arises. Even if Taekwon-Do is practiced for the sake of exercise alone, the enjoyment will justify the time invested

and spent. As an exercise, it is equally suitable for the old, young, male and female.

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