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Official Taekwondo Training Manual by Lee & Ricke. Book Title: Official Taekwondo Training Manual
Authors: Soon Man Lee & Gaetane Ricke. Taekwondo Style: WTF Taekwondo Student Training Manual . w w
w . n e w p o r t t k d . c o . u k Page 2 FOUNDATION OF TAE KWON-DO Tae Kwon-do is a Korean martial
art, which although having roots in the ancient orient, was developed as a modern art from the eight Kwans of
Korea. Tae Kwon-Do was inaugurated on April 11th 1955 following extensive research and development by the
founder. It was introduced into the United ...Taekwondo Technical Manual “Taek won is the art of kicking and
punching... Taek won DO is choosing the correct path in life.” Grand Master Kim Yong Ho, 9 th Dan, Title:
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