

# Uncover the Stirring Tales of Traditional Taekwon Do Masters That Will Bring You Back in Time

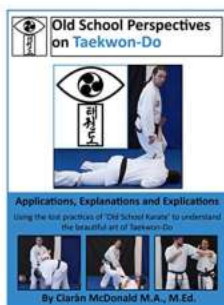
**Old School Perspectives On Taekwon Do** take us on a thrilling journey through time, exploring the roots and traditions of this legendary martial art. From the ancient training methods to the fascinating stories of remarkable Taekwon Do masters, this article sheds light on the timeless allure of traditional Taekwon Do.

## The Origins of Taekwon Do

Taekwon Do originated in Korea, drawing inspiration from various martial arts styles that were prevalent at the time. It was influenced by Chinese, Japanese, and Korean martial arts, ultimately evolving into the unique style and discipline it is today.

## The Old School Training Methods

Before the of modern training techniques, Taekwon Do masters relied on traditional methods that emphasized discipline, physical conditioning, and mental fortitude. These methods included rigorous physical exercises, sparring drills, and meditation practices to develop both the body and mind.



## Old School Perspectives on Taekwon-Do: Applications, Explanations and Explications

by Allan Stratton (Kindle Edition)

★★★★☆ 4.8 out of 5

Language : English

File size : 32928 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 266 pages  
Lending : Enabled



## **The Legendary Masters**

Old School Perspectives On Taekwon Do introduce us to extraordinary masters who dedicated their lives to perfecting their craft. One such master is Grandmaster Choi Hong Hi, the founder of Taekwon Do and a pivotal figure in its development.

Another prominent figure is Grandmaster Park Jong Soo, who is known for his exceptional technical skills and profound knowledge of Traditional Taekwon Do. These masters, along with many others, shaped the art and instilled their passion in thousands of students worldwide.

## **The Philosophy Behind Old School Taekwon Do**

Old School Perspectives On Taekwon Do delve into the philosophy that underpins this martial art. Taekwon Do is not merely about self-defense; it is a way of life that encourages self-improvement, respect, discipline, and humility. The moral code and ethical principles instilled in practitioners serve as guiding pillars for their practice and daily lives.

## **The Decline and Revival of Traditional Taekwon Do**

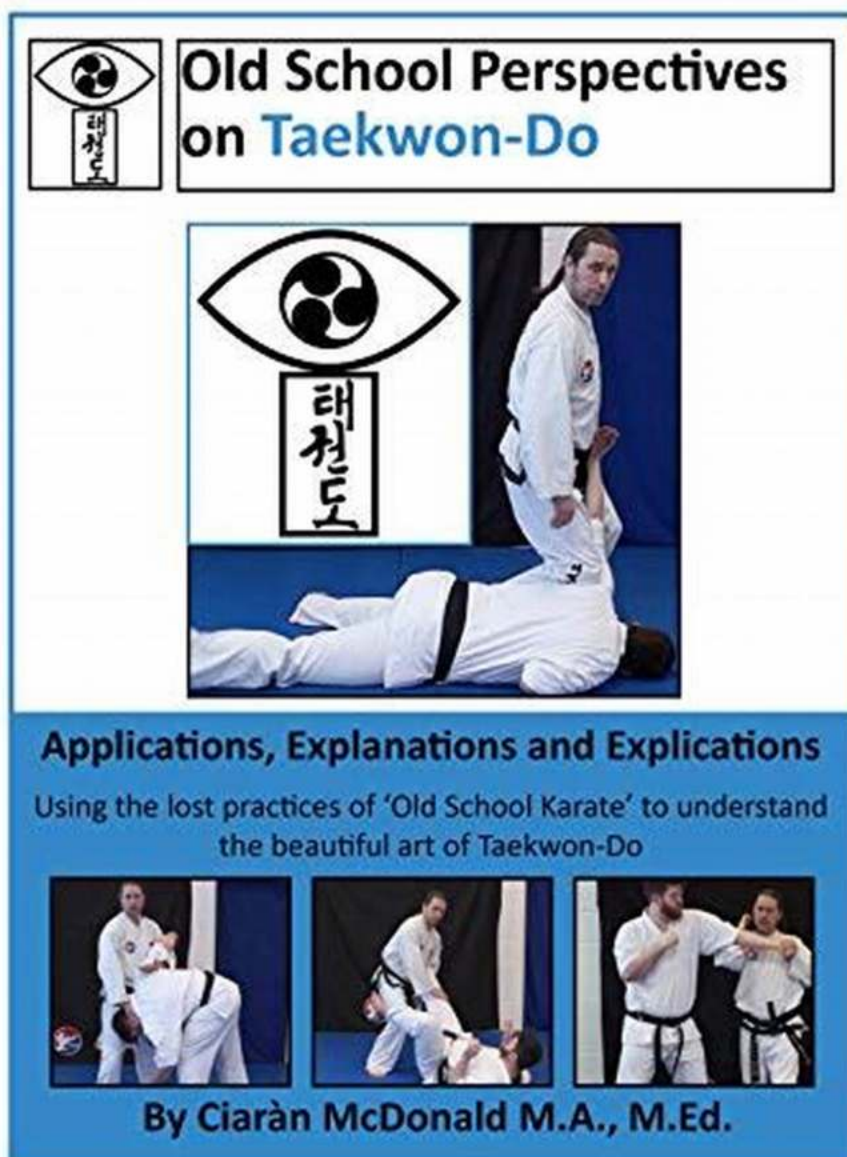
While the sport aspect of Taekwon Do gained immense popularity worldwide, the traditional roots started to fade away. The focus on flashy kicks and high jumps overshadowed the essence of the art. However, in recent years, there has been a

revival of interest in traditional Taekwon Do, with some practitioners and schools dedicated to preserving its original teachings and techniques.

## **Rediscovering Traditional Taekwon Do**

If you are passionate about delving into the world of traditional Taekwon Do, there are various ways you can explore this enriching experience. Seek out schools and instructors who prioritize the traditional aspects, focus on strong fundamentals, and emphasize the core values of the art. Additionally, read books and immerse yourself in resources that unveil the old school perspectives on Taekwon Do.

Old School Perspectives On Taekwon Do inspire us to rekindle our appreciation for the traditional aspects of this martial art. By understanding its origins, immersing ourselves in the stories of legendary masters, and embracing the philosophy that underlies Taekwon Do, we can connect with the timeless and captivating spirit of this centuries-old discipline.



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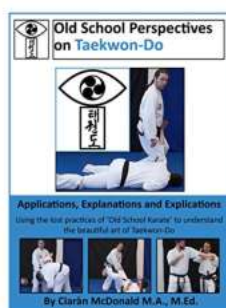
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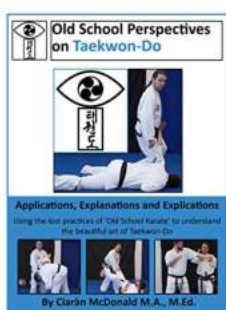
THE BEST BOOK ON TAEKWON-DO IN YEARS! Old School Perspectives on Taekwon-do is an original piece of research that helps the reader find the 'real self-defence' in their patterns. It contains 200 pages of high quality colour photos: explanations; explications; and applications. It is a must for all who are serious about the beautiful art of Taekwon-do and contains:

- SECRET APPLICATIONS – Learn how to use the hidden applications of the patterns for real life self defence. Discover why they are not often taught
- LOST TECHNIQUES – See: the chokes; the takedowns; the throws; the joint locks; the pressure points; the escapes & counters. See Taekwon-do as a complete art with practical answers to most common attacks
- REAL HISTORY – Discover the 'real' history of ITF Taekwon-do and its relationship with modern Shotokan and 'Old School' Karate and their kata. Learn what is missing from the encyclopaedia
- BLOCKING & STANCES – Find out how to use both blocking and stances for 'real combat' (hosinsul) and get the most from the study (bunkai) of your patterns
- MONEY BACK GUARANTEE – Buy this book and if it doesn't help your TKD or your martial studies then you can return the book for a full refund

Forewords from TKD author Stuart Anslow & karate historian/world kata applications expert Patrick McCarthy 9th dan. It does for TKD what Iain Abernethy

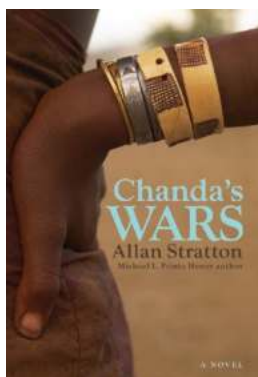
did for Karate.

Using an historical perspective we can reveal the plethora of close quarter techniques contained within the tuls. This book is for any TKD student who wants to understand the purpose of their patterns. It is essential Taekwon-do reading!



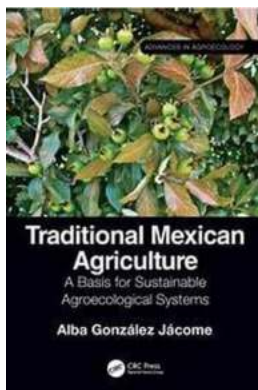
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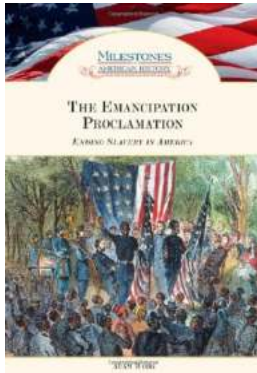
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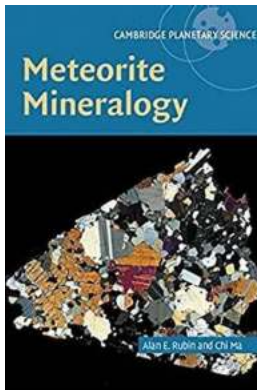
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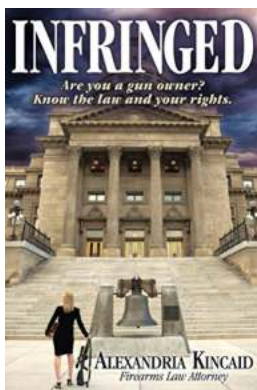
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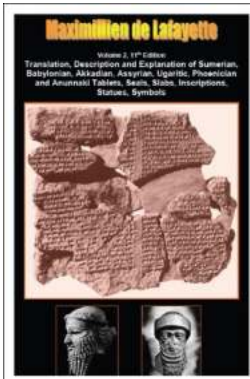
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