

Old School Perspectives on Taekwon Do: Rediscovering the Roots of a Martial Art



Old School Perspectives on Taekwon-Do: Applications, Explanations and Explications by Allan Stratton

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In the ever-evolving landscape of martial arts, it is easy to lose sight of the traditions that have shaped them. Taekwon Do, a vibrant and dynamic discipline, is no exception. While modern innovations have undoubtedly enriched the art, there is a wealth of knowledge and wisdom to be rediscovered in its old school roots.



This comprehensive guidebook invites you on a journey back to the origins of Taekwon Do. Through the insights of renowned masters and practitioners, you will delve into the forgotten techniques, philosophies, and training methods that once defined this martial art.

The Pioneers of Taekwon Do

The story of old school Taekwon Do begins with its founder, General Choi Hong Man. A visionary martial artist and military leader, General Choi sought to create a comprehensive system of self-defense that would be accessible to all. Drawing inspiration from traditional Korean fighting styles, he developed a set of techniques that emphasized speed, power, and agility.

In the early days of Taekwon Do, there were a number of influential masters who helped to shape its development. These pioneers included:

* **Nam Tae Hi**: One of the first students of General Choi, Nam Tae Hi was a renowned master of traditional Korean martial arts. He played a key role in developing Taekwon Do's unique kicking techniques and patterns. * **Park Jung Tae**: A close associate of General Choi, Park Jung Tae was a skilled instructor and practitioner of Taekwon Do. He is credited with popularizing the art in the United States and Europe. * **Choi Kwang Do**: A distinguished master and author, Choi Kwang Do was a leading advocate for the preservation of traditional Taekwon Do techniques and philosophies.

These masters and many others left an indelible mark on Taekwon Do, laying the foundation for the art that we know today.

Forgotten Techniques and Training Methods

Over time, some of the original techniques and training methods of Taekwon Do have fallen into disuse. This is due to a number of factors, including the of new technologies and the changing demands of modern warfare.

However, these forgotten techniques and methods hold valuable lessons for practitioners today. By rediscovering them, we can deepen our understanding of Taekwon Do and unlock its full potential.

Some of the forgotten techniques included in this guidebook include:

* **Won Kyo**: A powerful hand technique that targets the opponent's solar plexus. * **Palkup Chagi**: A devastating spinning kick that can be used to

incapacitate an opponent with a single blow. * **Yop Chagi**: A lightning-fast side kick that is ideal for close-range combat.

In addition to these techniques, this guidebook also covers the old school training methods that were used to develop the physical and mental attributes of Taekwon Do practitioners. These methods include:

* **Mok Sool**: Wooden dummy training that helps to improve power, accuracy, and coordination. * **Ki Hap**: A vocalization technique that is used to generate power and focus during attack and defense. * **Meditation**: A practice that helps to develop mental clarity, calmness, and self-awareness.

The Philosophy of Old School Taekwon Do

Taekwon Do is more than just a martial art. It is a philosophy of life that emphasizes self-discipline, respect, and integrity. In this guidebook, you will explore the old school principles that have guided Taekwon Do practitioners for generations.

These principles include:

* **Courtesy**: Treat others with respect, regardless of their age, rank, or skill level. * **Integrity**: Be honest and truthful in all your dealings. * **Perseverance**: Never give up, no matter how difficult the challenge. * **Self-Control**: Control your emotions and actions, even in the face of adversity. * **Indomitable Spirit**: Never lose hope, even when the odds are stacked against you.

These principles are essential for any martial artist who wishes to achieve true mastery. By living by them, you will become a more skilled, effective,

and well-rounded individual.

For those who seek a deeper understanding of Taekwon Do, "Old School Perspectives on Taekwon Do" is an indispensable resource. This comprehensive guidebook provides a unique window into the forgotten techniques, training methods, and philosophies of the art's early masters.

By rediscovering the wisdom of the past, we can enrich our practice in the present and ensure that the legacy of Taekwon Do continues to thrive for generations to come.



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