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For those who are practicing the WTF/USTU style of taekwondo, this is a very valuable and useful book. Masters Lee covers most aspects of Taekwondo such as the stretches, the strikes, kicks, and he even devotes a section on the Olympic competition rules.

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time, Choi Hong Hi, an army officer, began teaching his martial arts to some of his



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soldiers and within a few years it became one of the cornerstones of training. In April 1955, Taekwondo was chosen as the new name of the national martial art by a board of instructors, historians, and other prominent persons.

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Manual such as the stretches, the strikes, kicks, and he even devotes a Page 8/26

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## **Official Taekwondo Training Manual: Soon Man Lee: Trade**

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Yellow Belt History of  
Taekwon-Do, Condensed  
November 9th, 1918 General  
Choi Hong Hi was born in  
Korea. April 11, 1955 saw

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the christening of Taekwon-Do when General Choi after exhaustive researching, developing and experimenting, proclaimed Taekwon-Do to the world as a

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