

Taekwondo (Tae Kwon Do)

Taekwondo (Tae-Kwon-Do, Fist-Foot-Way) is a martial art from Korea (sometimes also spelled Taegwondo). It is a blend of [Shotokan Karate](#) with other Chinese and Korean martial arts. Taekwondo places great emphasis on fast, spectacular kicking techniques with very few hand strikes. Competition rules in Taekwondo prohibit the use of throws, holding or grappling. [Protective gear](#) is usually worn to allow contact with the body.

Taekwondo tends to place more emphasis on the sport aspect of martial arts. Taekwondo is more of a long range fighting style, due to its use of more kicking than striking. Board breaking is used in belt grading in Taekwondo, to show the power of the techniques being taught ([Kyokushin Kai](#) is another martial art that also adheres to this practice).



Taekwondo is popular the world over and is probably the most widely practiced of the martial arts. Taekwondo is now recognised as an Olympic sport, which is sure to popularise it even more.

Origin of Taekwondo: Korea

Founder of Taekwondo: General Choi Hong Hi 1950's (Who earned a 2nd dan in Shotokan Karate while a student in Japan)