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began teaching his martial arts to some of his 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 Page 19/33

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having roots in the ancient orient, was developed as a modern art from the eight Kwans of Korea. Tae Kwon-Do was inaugurated on

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WTF, also includes good information on the history. structure, and techniques of TKD, as well as written and pictorial depictions of poomse (forms). It includes the 8 Taegeuk and 8 Palgwe forms, and also several black-belt forms. Page 26/33

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