



# TAEKWONDO PATTERNS: From Beginner to Black Belt

*Jim Hogan*

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The martial art of Taekwon-Do was initially developed by the Korean military in the 1950s and spread internationally with the formation of the International Taekwon-Do Federation [ITF] in 1966. Taekwon-Do has continued to develop and it is now one of the most popular martial arts, with some eight million students worldwide and perhaps best known for its spectacular kicking and power demonstrations. However, Taekwon-Do is first and foremost a modern, scientifically based martial art with a vast array of techniques. Core Taekwon-Do techniques are grouped together in twenty-four patterns (tul), each of which is a progressively more complex series of self-defence moves against one or more imaginary opponents, and which must be mastered by students as they advance through the Taekwon-Do grading system. This unique book is specifically designed to help guide Taekwon-Do students through the first nine patterns that take them up to 1st degree black belt grade.

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