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Taekwon-Do: The art of self-defence by Choi Hong Hi General Choi Hong Hi, also known as General Choi, was a South Korean army general and martial artist who is a controversial figure in the history of the Korean martial art of taekwondo. Choi is regarded by many as the 'Founder of Taekwondo' - most often by International Taekwon-Do Federation (ITF) organizations.

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The Korean art of self-defense Taekwondo is considered as one of the oldest forms of martial arts in Korea, dating back to over 5,000 years ago along with the long history of the country. It is a form of ancient martial arts that have an extensive trail of history behind its existence.

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Taekwon-Do - Hayden Martial Arts

Taekwon-Do is a Korean art of self-defense that was created in the 1950's by a Korean army General Choi Hong Hi. Taekwon-Do is a predominantly striking based Martial Art that uses scientific principles as a base to build an effective self-defense system.

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Taekwon-Do is composed of Fundamental Movements, Patterns, Dallyon, Sparring and Self Defense techniques that are so closely related it is nearly impossible to segregate one phase of instruction from another.