

ITF (International Taekwon-do Federation) and WTF (World Taekwon-do Federation)

- ▣ Taekwondo - a type of Korean martial arts. Is translated as "the way of the fist and foot" in Korean, "Tae" means "the execution of a kick in the jump or flight", "Kwon" - "fist", "do" - "art", "path". Most attacks in taekwondo are based on the interaction of two forces. The first relates to the impact on the body of an opponent as a result of the impact, the second - with the inertia of the moving body segments of the opponent. In the beginning, before the acquisition of the first degree, the student passes the entrance ten steps - gup (from the Korean "level"). As the development of the next "gup" changing the color of his belt.



Each color belt in Taekwondo has its own meaning: the white represents purity and the desire for knowledge, yellow symbolizes the fertile soil in which grow the knowledge, green - the first fruits, after diligent training, blue is the sky and the border (the student must prove that he is ready to seek further), red warns that the student will soon be a master. Black belt combines all the colors of his masters are first given above.

The first, second and third in taekwondo are regarded as the initial degree of skill. With certification of these are in the certification requirements include only the techniques and knowledge of the history of Taekwondo.

If certification is given for rent for the fourth compulsory theoretical test in the form of a written exam or essay. There is also a time requirement: a person can be given to the owner of at least 7 years after the start of classes of taekwondo.



- ▣ Holders of the seventh, eighth and ninth dan - masters who know the intricacies of the martial art. In most cases, they have their own clubs and students, hold seminars for athletes, trainers, judges.

Certification of the athletes during the development of the next "gyp" includes three main elements: sparring ("kerugi") between the applicant and the owner of the belt, which he claims; "kekpa" - breaking exercises on wooden planks, tiles, etc. and "poomsae" (sets of exercises of varying complexity, which reveals the mastery of the martial arts technique).

Golf match in taekwondo - mat 12 x 12 meters with an elastic coating. The duration of the fight is 3 rounds of 3 minutes, with breaks between rounds in a minute for men. For women and juniors matches the length of 3 rounds of 2 minutes, with breaks in between rounds of one minute.



- Evaluation of the competition is conducted both in total points and at a knockdown. Strikes are only permitted in a protected area, prohibited all kinds of grabs and attack the fallen opponent. For throws, pushes and attacks knees made notice.

Competition rules in all versions of Taekwondo kicking estimate is higher than the punch, kick in the jump - higher than the blow from the ground. A series of punches rated as one leg kick, while a series of kicks every kick is evaluated separately. Technique with no weapon in Taekwondo.

Combat emerged shortly after the end of the Korean War of 1950-1953, when the government of Korea, it was decided on the harmonization of the various traditional schools and the creation of a national martial art.

■ In 1955, at the Congress of leaders of schools it adopted the name for a new kind of arts and approved a set of complexes of formal exercises that were designed by Lieutenant General Choi Honhi school odokvan.

In 1963, Taekwondo was a demonstration at the headquarters of the UN. Also in the 1960s, the Taekwondo demonstration competitions were held in the United States, Thailand, Malaysia, Vietnam, the countries of Western Europe and Canada.

In 1966, Choi Honhi organized the International Taekwondo Federation (ITF). A year later, as a result of conflict with the authorities, General Choi left his homeland and moved the ITF headquarters in Toronto (Canada).

In 1972, Seoul was built palace "Kukkiwon" - the World Taekwondo Center, which in 1973 hosted the first world championship and is based

World Taekwondo Federation (WTF), headed by Kim Unyunom.



- ▣ Both branches of taekwondo redesigned their sets complexes. Choi Honhi excluded from the arsenal Taekwondo Karate kata. The WTF Taekwondo has become a priority in the fight sports protectors. Currently, versions of Taekwondo WTF and ITF have differences not only in the complexes of formal exercises, they are different as competition rules and terminology.

Versions are roughly equal in the world position. Very strong position Taekwondo ITF version in Europe, where in 1979 he established an independent Taekwondo Federation headed by Ri Quijano, one of the first disciples of Choi Honhi.

In the USSR, taekwondo appeared in February 1990, when the city of Palanga (Lithuanian SSR) held a seminar on the version of Taekwondo ITF, conducted by Polish instructors. In the same year, a number of prominent Soviet karateka were trained in the "Kukkiwon" in Seoul and have been certified under the program Taekwondo WTF. July 16, 1990 Taekwondo Federation of the USSR (version WTF) has received a certificate in Seoul on joining the Soviet Union during World Taekwondo Federation.



For the first time in the Olympic Games Taekwondo (version WTF) appeared in 1988 and 1992 as a demonstration sport, and has since been a constant element of the Olympic program.

At present, taekwondo is practiced in 205 countries around the world, and they are engaged in 70 to 80 million people.





