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Welcome! Many Taekwondo instructors will tell you that Taekwondo is an Olympic sport (that ' s true it is) but not all will tell you that we are the only Taekwondo association that practices Olympic Taekwondo as developed and practiced in South Korea and the only group that is a full member of the official national governing body for Olympic Taekwondo, and that is:

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Gyeorugi ([kj u i]), a type of full-contact sparring, has been an Olympic event since 2000. The

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governing body for Taekwondo in the Olympics and Paralympics is World Taekwondo.

~~Taekwondo - Wikipedia~~

STRATEGIC TIPS FOR WINNING
OLYMPIC STYLE SPARRING

2001-02-22 Written by: S. H. Kim - K.
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K. H. Chung - K. M. Lee. Special thanks
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~~AAU - Taekwondo~~

In Taekwondo Kyorugi is based on
respect and honour between
taekwondo practitioners. Today ' s
sparring is based on a points scoring
system as seen in the Olympic
Taekwondo event. At Moo Duk

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~~Sparring~~ Taekwondo we also teach an older style of Kyorugi which allows the student to undergo sparring in a more realistic combat environment of full contact with limited body protection.

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Taekwon-Do (Korean /跆拳道
[t .k w n.do] ()), English
pronunciation / t a k w n d o
, or / t a k w n d o /) is a
Korean martial art, characterized by
its emphasis on head-height kicks,

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Jumping spinning kicks, and fast kicking techniques with kicks and striking being above waist height only.

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