



The Meaning of Tae Kwon Do

Tae Kwon Do is a martial art rooted deeply in Korean culture and history. Translated literally, the words “Tae,” “Kwon,” and “Do” mean “foot,” “fist,” and “way.” “Foot” and “fist” refer to this art’s balanced arsenal of kicking and striking techniques-- particularly its signature jumping and spinning movements. “Way” possesses a more esoteric meaning and is best interpreted as “life-path.” In fact, this is the heart of traditional Tae Kwon Do training.

Underlying Tae Kwon Do’s techniques and drills is a dedication to self-improvement and personal honor that practitioners carry with them from the practice hall into their communities. As Tae Kwon Do students hone their mind-body-spirit connections, they become confident, energetic, efficient in thought and motion, and optimistic in their approaches to life-- qualities invaluable to businesses, schools, governments, and families. This is the “way” of Tae Kwon Do.