

Brief Philosophy of Taekwondo

As the practice of taekwondo has developed in numerous different kwans, numerous different forms of taekwondo philosophy has come into expression. For instance, the followers of International Taekwon-Do Federation primarily aim to champion the causes of justice and freedom as well as focus on building a peaceful world. Several forms of Taekwon-Do are based on the 5 tenets of Taekwon-Do, which are Courtesy, Self-Control, Perseverance, Integrity and Indomitable Spirit.