

## TRAINING SECRET OF TAEKWON-DO

General Choi Hong Hi mentions 8 training secrets of Taekwon-Do in the Taekwon-Do Encyclopedia.

Students should keep in mind the following secrets:

1. To study the theory of power thoroughly.
2. To understand the purpose and meaning of each movement clearly.
3. To bring the movement of eyes, hands, feet and breath into a single coordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defence.
6. Keep both the arms and legs bent slightly while the movement is in motion.
7. All movements must begin with a backward motion with very few exceptions.
8. To create a sine wave during the movement by utilizing the knee spring properly.