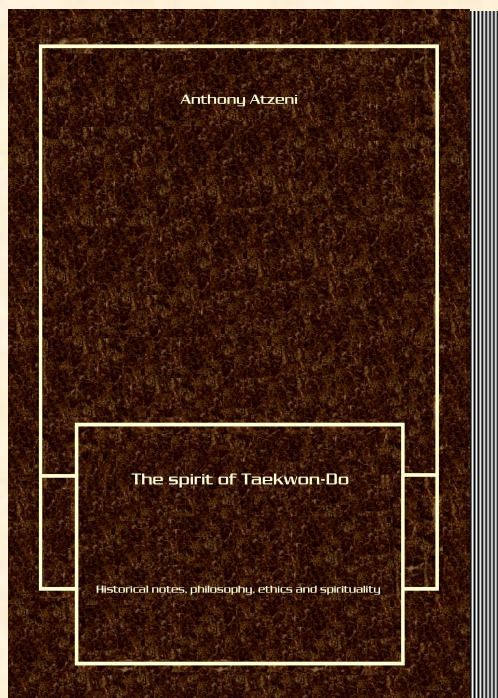


# Spirit of Taekwon-Do

*The art of the spirit*



**NEW BOOK - NEXT PUBLICATION - 2013**



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## The spirit of Taekwon-Do

### The art of the spirit

The book (nearly 600 pages, 14 x 21 cm., 86 photos and charts) consists of four principal parts. The first part contains an historical synthesis on development of the martial art in Korean context, a biographical note on life of the General Choe Hong-hui, founder of the modern Taekwon-Do, and a series of historical notations on achievement of the discipline in the world.

In the second part are deepened the philosophical aspects and principles of the art underlining the immediate advantages and giving an explanation of the Korean flag (*Taegeuk*) in relationship to its philosophical meaning: an obligatory symbol, near the national flag, in every *Do jang*. Numerous texts come directly from the work in 15 volumes of the General Choe, *Encyclopedia of Taekwon-Do*, published for the first time in 1985 in the United States, translated in a free version and partially commented. Other relevant matters of this section are the disability in martial arts and pedagogic aspects in the evolutive age.

In the third part are primarily treated the thematic techniques of martial art, to start from the uniform (*Dobok*) to conclude with belts, patterns (*Poomsae*) and their philosophical meaning. The theory of the power, the techniques of self-defense and the relative ethical-moral aspect are moreover deepened. Follows the synthetic exposure of the WTF rules of the fight and patterns competitions and the rules of *Do jang*. Also in this part numerous texts, variedly commented, come from the *Encyclopedia of Taekwon-Do*.

In the fourth part are deepened in particular way the philosophical aspects, the ethics and spirituality of art. An important part of the section concern the Confucian philosophy and its relationships with the Christianity. The positive aspects and limits of Confucian ethics in the texts of the founder of Taekwon-Do are deepened, bringing ample excerpt of its writings. Others thematic of relief in this section are related to the sport and human body in the Christian vision, the ethical use of strength, the "not physics" violence and the management of inwardness in the martial athlete.

Complete the book some brief biographical profiles in the world of Taekwon-Do, selected in relationship to the historical and ethical relief, in national and international context; a synthetic Italian-Korean glossary; two documents in appendix, the first of which offers the integral text of the letter *Orationis formas*, sent by the Vatican Congregation for the doctrine of the faith to all bishops of Catholic Church; a meaningful text of reference, rich of essential guidelines, for all those who desire to take advantage from the philosophies and oriental religions in his own spiritual life.



Information and preview download in the official Web Site:

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Where to buy: this information will be published on the Web site.

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