

# TAEKWON-DO



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## THE WAY TO SUCCESS

**Paul van Beersum  
Willem Jansen**

# **TAEKWON-DO**

## **THE WAY TO SUCCESS**

### **BASIC BOOK**

**Paul van Beersum**  
**Willem Jansen**



*CheckPoint*  
*Press*

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# PREFACE



Over the last few years, Taekwon-Do – a martial art with a long history and tradition – has become known in large parts of the world. Developed in Korea as an art of defense, Taekwon-Do has always focused on both spiritual and physical aspects.

Certain well-kept secrets have gradually been revealed from 1850 and on. The founder of Taekwon-Do is General Choi Hong Hi (9th dan), former President of the International Taekwon-Do Federation (ITF). In Korea Choi Hong Hi learned Taekkyōn, a Korean martial art which existed of

varied leg techniques and had been locally known for over 1300 years. In Japan Choi Hong Hi learned Karate. Consequently, somewhere around the 1950s a synthesis of Taekkyōn and Karate came into existence: Taekwon-Do. In the 1960s, Kwon Moo Gun was the first Korean to introduce Taekwon-Do in the Netherlands. The country became even more acquainted with Taekwon-Do due to the many impressive demonstrations by Park Jong Soo.

This great interest in Taekwon-Do requires expert literature. Initiators Paul van Beersum and Willem Jansen have taken the time to write down all information on Taekwon-Do in great detail. Due to their enthusiasm, drive, and urge for perfection they have managed to develop a valuable book for every Taekwon-Do enthusiast. In part because of the excellent technical skills that both gentlemen possess, this book has become interesting and instructive, describing all aspects of Taekwon-Do. This book is a valuable contribution to the further development of Taekwon-Do.

MASTER STEVE ZONDAG, 7<sup>TH</sup> DAN  
– VICE-PRESIDENT ITF ROYAL DUTCH  
– PRESIDENT DAN RANKING COMMITTEE  
ITF ROYAL DUTCH  
– MEMBER OF THE ITF PROMOTIONS COMMITTEE

# RECOMMENDATIONS



'I congratulate Paul van Beersum and Willem Jansen on the research and diligence invested to produce a useful tool for Taekwon-Do students which complements the theory, explanation and history taught in the Dojang. It is a reflection of the authors' dedication to the art of Taekwon-Do. I hope it will support and encourage Taekwon-Do students in their personal development.'

MASTER TREVOR NICHOLLS 8<sup>TH</sup> DEGREE  
SECRETARY-GENERAL INTERNATIONAL TAEKWON-DO  
FEDERATION



*Tao gives birth to them  
Tê keeps them alive  
The material world gives them shape  
The circumstances complete them*



If you are seriously considering practicing Taekwon-Do, first of all it is important to find a good school with a well-trained instructor that is a member of a recognized

national and international organization. Furthermore, it is significant to devote a decent amount of time and effort to (self-)study. To help you with this last aspect I highly recommend this book. During the forty-one years I have been practicing Taekwon-Do, teaching at my academy, and have been partially responsible for teachers' education programs for the ITF Royal Dutch, I have studied a great amount of literature on self-defense, including Taekwon-Do.

In my opinion, the book that lies in front of you is a unique one. As an addition to lessons from your instructor, this book is a valuable contribution in acquiring the essential knowledge, skills, and attitude needed to obtain the first dan-degree in ITF Taekwon-Do. Also, it offers a description of the techniques, describes a number of introductory motor skills, and pays attention to nutrition and the educational structure of a lesson. For these reasons the book is useful for those who practice a different martial art as well. It is also a good guideline for teachers in practical education that are interested in expanding their self-defense curriculum with Taekwon-Do. I am thinking of instructors and teachers at a Education Institute, the Central Institutes for the Education of Sports Instructors, an Academy for Physical Education or a vocational training at the police or Ministry of Defense.

The four sentences in italics that can be found above this text certainly apply to the two authors. I have known both authors since they were young, and have had the pleasure of coaching them as their teacher and examiner within the teacher training

program at the Teacher Training College Committee (TTCC), as they developed from assistant-teacher to head teacher. What has struck me about these two Taekwon-Doists throughout the years is their excellent technical fluency, their perseverance, their passion for our martial art, their positive characters, the respect they have for others, and their pedagogical and didactic skills. These qualities have led to the fact that they have obtained a pedagogical first degree practical education on an academic level (ALO) and their qualities assure that the lessons within their Taekwon-Do Academie Gelderland are of a guaranteed quality. The combination of these qualities and the fact that, after much study, they have written this book, makes these two gentlemen unique teachers that everyone would want on their team. I am among the lucky ones, since they were willing to join my educational team at the Teacher Training College Committee in 2010. The Teacher Training College Committee has a long history, is unique in the field of Taekwon-Do education and is open to every Taekwon-Do student who is interested in becoming an assistant-instructor, instructor, or chief instructor. With pedagogical, psychological and didactical qualities. A (short term) plan is to start our teacher training programs on an international level, in cooperation with the ITF world organization of grandmaster Choi Jung Hwa (son of General Choi Hong Hi, the founder of Taekwon-Do). Because of its qualitative and varied content, this book will become a part of ITF Royal Dutch's subject material as well.

In conclusion, this book will be a significant contribution to the aforementioned target groups. In addition, I hope this book will stimulate Taekwon-Do students with pedagogical, psychological and didactical qualities and/or interests to follow a teacher training program at ITF Royal Dutch. Also, may it inspire already trained instructors to optimize stimulating, good, and safe education.

SABUM HENNIE THIJSSEN BC, M.A. 6<sup>TH</sup> DAN  
– PRESIDENT ITF ROYAL DUTCH  
– PRESIDENT TEACHER TRAINING COLLEGE COMMITTEE  
– MEMBER OF THE DAN RANKING COMMITTEE ITF  
ROYAL DUTCH

# INTRODUCTION

In front of you lies *Taekwon-Do, the Way to success*. It is a book that explains the basics of Taekwon-Do through writing and illustrations, in a structured and clear manner. Numerous books have been written on martial arts in general, and Taekwon-Do in particular. The authors have read, studied, and are in possession of many of these books.

Still, the authors have chosen to add a new book to the great amount of existing literature. A book that captures the essence of several important works in the field of Taekwon-Do, that makes choices which are illustrated with images. This makes this book the core book for every serious student of Taekwon-Do, not in the least for the students of the Taekwon-Do Academy Gelderland (TAG).

References to (other) English or Korean books have partially become redundant, since the more than 750 pictures and illustrations sometimes say more than a thousand words. Moreover, the book takes an important stand for the value of Taekwon-Do.

From the very first introduction to Taekwon-Do, to the exam material for the 1st dan, the black belt; this book offers insights at every level. For the beginning student, this book offers an extensive overview of the history, customs, expectations, and principles of instruction of Taekwon-Do. For the student attempting to acquire the 1st dan, this book is most importantly an exercise book, for the dan rank holder it is a significant reference book, meant to refresh, maintain, and broaden their knowledge.

After reading this book, you will understand that Taekwon-Do is not merely a sport. It is a way of life, a path one chooses when practicing Taekwon-Do. It is a path that, through trial and error, will make the Taekwon-Do student stronger in a physical and mental manner - not only as an athlete but also as a human being. Therefore, for the authors Taekwon-

Do does not only mean 'the way of the foot and the fist', but also 'the Way to success'. This is the reason the 'W' in the subtitle is written in caps.

The book is composed as follows. Part I contains basic knowledge, which is why we have named it 'Book of Theory'. Part II mainly consists of practical information for practicing towards obtaining the 1st dan, supported by numerous pictures. This is why Part II is named 'Exercise Book'.

Part I is made up of chapters 1 through 6. In Chapter 1, basic principles are discussed; what it is that characterizes Taekwon-Do, etiquette, and other subjects concerning appearance. Chapter 2 deals with the origins of Taekwon-Do and the current practical organization of this martial art. Chapter 3 discusses Taekwon-Do as a lifestyle and its pedagogical value. Chapter 4 describes the physical aspects of practicing Taekwon-Do; Chapter 5 complements this by discussing the mental aspects. Finally, Chapter 6 reveals a tip of the iceberg concerning the practical part of Taekwon-Do. Technical elements and principles are dealt with in this chapter.

Part II consists of only one chapter. In Chapter 7, tuls, self-defense and partner exercises are extensively discussed. If you leaf through the book, you will see this is the largest part of the book. The wide range of techniques that Taekwon-Do has is discussed, offering inspiration to both the beginning and the advanced student. The authors have added Appendixes with useful additional information for Part I and II.

# 4.

## PHYSICAL ASPECTS OF TAEKWON-DO

In this chapter it is described which physical skills contribute to optimizing the practice of Taekwon-Do and practicing it to the fullest. Maintenance of the body and preparation for the practice of Taekwon-Do are important; aside from that the warming up, stretching, and the importance of good nutrition will be discussed.

### 4.1 Basic motor skills

While practicing Taekwon-Do, the body encounters several basic skills:

- strength;
- speed;
- endurance;
- flexibility.

#### *Strength and endurance*

During a match or fight, one who practices Taekwon-Do feels 'healthy tension': the body prepares itself for what is coming, the heart beats faster, and there is a sense of complete concentration. This alone requires energy, and there is not even movement yet. It is important that the body is in good condition; one good technique can end a fight. It is also possible that one is attacked or chased by several opponents at the same time. Strength and endurance are of great significance then. When these two skills are combined, strength endurance is created. Strength endurance determines how long a muscle or muscle group can persist a certain muscle exercise. Because of strength endurance one is able to muster up enough resistance when a fight lasts longer than expected.



## 5. MENTAL ASPECTS OF TAEKWON-DO

Next to the exterior appearance, the origins of the martial art, and a manual for the physical aspects of Taekwon-Do have been described, there is still an important 'hidden' part. It is a part that everyone who practices Taekwon-Do experiences and that has motivated two people who practice Taekwon-Do to write this book. It is a part that is called 'Oriental' and is associated with 'Ki' or 'Chi'. Almost everyone knows or think they know what it is, but it is not very tangible. In this chapter the authors have tried to make a start in describing the mental aspect of Taekwon-Do. It is up to the student to interpret the material. It would not surprise the authors if, reading the book again many years from now, this interpretation has undergone major changes.

### 5.1 Chi

The body needs certain important things in order to function and stay alive. It needs energy to be able to fulfill daily tasks: think of nutrition, fluids, and sleep. Aside from these aspects, the body also possesses a different sort of energy, which is called *Chi* in Chinese. In Korean it is known as *Gi*, and in Japanese as *Ki*, but the Chinese name will be used since it is quite common.

Chi means 'life energy'. According to Eastern philosophy, the world consists of different elements: earth, water, fire, and air. This was shortly touched upon in Chapter 2. These elements 'radiate' a certain energy. Think of the warmth of the sun, a walk on the beach or in the forest: people often feel better after 'getting some fresh air'.

This life energy has a certain 'frequency'. The human body also has a certain frequency. For the majority of people, this frequency is different than that of the universe. Through exercises and meditation it is possible to decrease this difference or even reach a similar frequency as the universe. The advantage is that the body is enabled to make use of the energy that the universe has to offer. This energy can give strength, but it can also have a healing effect: it can take away physical or mental troubles.

For thousands of years, people have trained in using and adapting this energy. Many (Asian) martial arts are based on this principle: Tai Chi Chuan, Hapkido, Aikido, etc. Chi also has an important role in medicine. In the Western world this is considered *alternative medicine*, but in East Asia this kind of medicine is in fact very common.



*Twimyo Sangbal Ap Chagi.*



ARC HAND (*Bandal Son*)

The index finger is slightly bent while the other fingers are bent deeper. The thumb deviates in the direction of the little finger. The space between the second knuckle of the index finger and the thumb is used for blocks, holds, and attacks. E.g. the neck, Adam's apple, or tip of the chin can be attacked.



BALL OF THE FOOT (*Apkumchi*)

This part of the foot is often used when performing a round or front kick towards the entire face, ribs, solar plexus, stomach, chest, or groin. By stretching the toes well, the ball of the foot will be available to use.



INSTEP (*Baldung*)

The advantage of kicking with the instep instead of the ball of the foot is that a greater distance is created by stretching the ankle joint and bending the toes away from the body a little. The disadvantage is that the foot is more vulnerable at the moment of the attack. The possible targets are similar to those of the ball of the foot.



FOOT SWORD (*Balkal*)

One third of the edge (sword) of the foot is used. This part of the foot must be in line with the bottom part of the leg. The foot sword needs to be pointed towards the target whereas the toes point downward towards the own leg. This technique can serve as an attack on the armpit, ribcage, knee, bridge of the nose, neck, etc.



### 6.7 Flying techniques

Apart from the basic foot techniques, there are techniques that have a higher level of difficulty; flying techniques for example. Taekwon-Do is known for

these (flying) leg techniques, but oftentimes not much attention is paid to flying techniques during Taekwon-Do lessons. The reason for this is that they are quite difficult and take up a lot of energy. Also, a correct execution by the instructor and a good



methodical composition during class are essential. The first goal is perception of success, and as with all techniques, one can only attain this by practicing very much. At a certain point, the techniques will start to feel good and comfortable, and they will provide a feeling of satisfaction – flying kicks included.

Possible reasons for using a flying leg technique are:

- attacking the opponent's body high and forcefully;
- crossing a distance;
- jumping over something.



A flying kick can be very forceful, especially because it:

- uses gravity, since the kick is executed when descending;
- makes maximum use of the bodyweight;
- develops maximum starting power (in the jump);
- makes maximum use of turning speed.

Aside from these aspects, flying kicks also develop skills such as timing, balance, technique, awareness, and muscle strength.

### **Tips**

Several tips for improving the flying kick:

#### **HEIGHT**

By actively raising the upward swinging leg, height is created. Swinging the arms upward also creates height; this technique is used in sports such as long jump, high jump, and basketball. Make sure not to aim the arms too high since this might negatively affect your cover. Aside from using arms and legs, it is important to slightly bend the knees before the jump is executed. This decreases the angle the muscle works under, so that more strength development

## 7. Grasp



A- grasp around waist from behind.



D- distraction, grab feet between the legs and move upwards.



C- kick against groin.

## 8. Grasp



A- grasp around waist from behind (including both arms).



D- bend knees toward floor, move elbows upwards (possible distraction).



C- armpit lock towards the floor.







- Fixed L-stance (*gojung sogi*)

See paragraph 6.3

- Bending ready stance A (*guburyo jumbi sogi A*)

See paragraph 6.3

### Defense techniques

- Inner Forearm Circular Block

(*anpalmok kaunde dollimyo makgi*)



1. The block is executed with about 1/3 (from wrist to elbow) of the inner forearm (on the side of the thumb).
2. The fist is at shoulder level.
3. The blocking forearm makes a large turning movement toward the target (so that a possible attacking foot can be intercepted); the block is started with crossed arms in front of the chest, palms are facing down, and the attacking arm is on the outside.



4. At the moment of blocking, the shoulder on the side of the block is a little lower and pointed forward more than the shoulder on the opposite side is.
5. The body is half directed toward the opponent (with the hip on the side of the block turning forwardly inward).



5. Move left foot toward D and form a right L-stance toward D. Simultaneously execute a middle knife hand defense block toward D.  
*Orieon niunja so sonkal kauunde daebi makgi.*



7. Execute a middle side piercing kick toward C.  
*Orieon kauunde yopcha jirugi.*



6. Turn face toward C and form a left bending ready stance A toward C.  
*Wen guburyo junbi sogi A.*



8. Lower right foot to C and form a right L-stance toward D. Simultaneously execute a middle knife hand defense block toward D.  
*Orieon niunja so sonkal kauunde daebi makgi.*



set 3 foot technique – sequence number 1



set 3 foot technique – sequence number 2



set 3 foot technique – sequence number 3



set 3 foot technique – sequence number 4



set 3 foot technique – sequence number 5



set 3 foot technique – sequence number 6

# ABOUT THE AUTHORS

## *Paul van Beersum (1982)*

Paul van Beersum was born in Elst, the Netherlands, on January 3rd, 1982. Van Beersum is an internationally acknowledged chief instructor of Taekwon-Do, an international ITF class 'A' referee, and in possession of the 4th dan in Taekwon-Do and the 1st dan in Hapkido.

At 13 years old van Beersum came into contact with Taekwon-Do at the Taekwon-Do School Bemmel, which was led by Herman Burgers. After two years he acquired his 1st dan in Taekwon-Do in 1997. After his high school years he started college at CIOs (Central Institute for the Education of Sports Instructors) in Arnhem. During this period of time, van Beersum came into contact with several Budo disciplines and was able to develop himself as a self-defense expert. In the meantime he remained passionate in practicing Taekwon-Do and was able to obtain several national titles on the highest level. Also, van Beersum was president of the national demonstration team. In 2002, van Beersum and Willem Jansen took over the Taekwon-Do school from Burgers. Since then, the school has been professionalized, with a new name as its most recent development: Taekwon-Do Academie Gelderland, TAG. In the meantime the school has delivered countless national champions and holders of dan ranks.



For a long time, van Beersum served as a sports instructor for the Royal Military Police. This has given him the opportunity to specialize in Arrest and Military Self-Defense Techniques. Van Beersum is a multiple National Military Judo Champion within the Ministry of Defense. During his term of national service he followed a part-time first degree physical education teaching program at the sports academy in Tilburg.

Currently, van Beersum works as a Sports and Movement teacher at Senior Secondary Vocational school ROC A12 in Velp, where he teaches students to become sports instructors or sports coordinators.

Van Beersum is co-founder and secretary of ITF Royal Dutch. Besides that, he is a national coach at the Committee of Technical Education. This team is responsible for the technical training sessions of the foundation, and consequently it is responsible for the technical level of Taekwon-Do in the Netherlands. Van Beersum follows international seminars with Taekwon-Do grandmasters in order to fulfill this task. In possession of a first degree teaching certificate, van Beersum teaches classes for the Teacher Training College Committee which are aimed at training students so that they will be able to give didactical, pedagogical and psychologically responsibly Taekwon-Do lessons.

## *Willem Jansen (1979)*

Willem Jansen was born in Nijmegen, the Netherlands, on June 5th, 1979. He is an internationally acknowledged chief instructor of Taekwon-Do, an international ITF class 'A' referee, and in possession of the 4th dan in Taekwon-Do and the 1st dan in Hapkido.

At the age of 13, Jansen started practicing Taekwon-Do at Taekwon-Do Academy Taekyon in Bemmel. After two years, he obtained his 1st dan in Taekwon-Do in 1995. During his high school years in Bemmel, Jansen acquired his assistant-instruc-

tor's certificate. He moved to Tilburg for his studies and graduated from the Academy for Physical Education in 2002, as a first degree physical education instructor and a sports masseur.

During his time at the Academy, Jansen came into contact with several Budo disciplines. He also remained active in Taekwon-Do and acquired several national titles at the highest level. Jansen was a member of the national demonstration team as well. In Tilburg he successfully introduced Taekwon-Do to the student sports center of the University of Tilburg and independently taught Taekwon-Do lessons to students. In 2002, Jansen and van Beersum took over the Taekwon-Do School Bommel.

Since 2002, Jansen has been teaching physical education at the Olympus College in Arnhem, where he is also president of the physical education department. For this department Jansen has been responsible for the construction of the sports center, fitness center, and Dojang. Through his initiative,

Taekwon-Do and self-defense have been added to the school's curriculum. This makes the Olympus College the first high school for secondary education in the Netherlands that has Taekwon-Do on its curriculum. The school Dojang is unique in its kind for high schools in the Netherlands.

Jansen is co-founder and board member of the ITF Royal Dutch. Besides that, he is a national coach and president of the Committee of Technical Education of the ITF Royal Dutch. Also, he is an instructor for and member of the Teacher Training College Committee.

Aside from Taekwon-Do, Jansen has another passion, which is travelling the countries where the roots of Asian martial arts lie. During his travels through Asia (Korea, Japan, China, Vietnam, Cambodia, Indonesia, and Thailand) he always attempts to stay at Buddhist temples and to come into contact with local martial artists.

## ORDERING

Copies may be ordered from any bookstore worldwide by quoting the following details:

Taekwon-do: The Way to Success  
ISBN: 978-1-906628-36-9  
Published by CheckPoint Press

Bulk orders direct from the publisher at [www.checkpointpress.com](http://www.checkpointpress.com)

Also available on Amazon.com and quality online bookstores

# FUNDAMENTALS

## TAEKWON-DO

Much has been written about Taekwon-Do so far. There are picture books, theoretical books, books by the founder, and books by his followers. This book is a valuable addition to the existent literature. It offers a structured manual for every student on their way to the 1st dan in Taekwon-Do. Moreover, it is a modern and clear reference book for everyone that is already in possession of the 1st dan and for lovers of martial arts that would like to know more about the way of the foot and the fist. Overall, this book is a source of knowledge for everyone, in particular for those that are serious about learning and teaching Taekwon-Do.

This makes this book a giant leap forward in literature on combat sports and martial arts. Even for the non-Taekwon-Do in this book offers much to learn from. With its numerous modern instruction photographs and colored illustrations, it provides a detailed perspective on Taekwon-Do. In the first part of the book, the realization and essence of this martial art is described in an uncomplicated manner.

This book is an absolute must-have for any serious Taekwon-Do student and a recommendation for those that practice other martial arts, as an 'addition' to their own art.

**MARTIJN KOOP**  
AIKIDO BLACK BELT & AIKIDO INSTRUCTOR

'I congratulate Paul van Beersum and Willem Jansen on the research and diligence invested to produce a useful tool for Taekwon-Do students which complements the theory, explanation and history taught in the Dojang. It is a reflection of the authors' dedication to the art of Taekwon-Do. I hope it will support and encourage Taekwon-Do students in their personal development.'

**MASTER TREVOR NICHOLLS 8TH DEGREE**  
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