

## Taekwondo Kyorugi Olympic Style Sparring

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Taekwondo (Tae-Kwan-Do) is a 2000-year-old Korean marital art that has evolved into a combat sport. Kyorugi (Kyo-rue-kee) is the Korean name for Olympic style sparring competition. This is a book solely devoted to competitive taekwondo as a sport, not as a self-defense. Learn the skills, drills and methods used by Korean coaches.

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Sparring - Kyorugi - Olympic Style Sparring. Kyorugi is the actual fight between tow competitors using the offensive and defensive skills learned in the practice of Taekwondo. There are two types of Kyorugi - macho kyorugi or arranged sparring and jayu kyorugi or free sparring. In 2000 Taekwondo became a full medal sport in the Summer Olympic Games. Hapkido - Hap-harmony; Ki-power; Do,-way

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Welcome! Many Taekwondo instructors will tell you that Taekwondo is an Olympic sport (that's true it is) but not all will tell you that we are the only Taekwondo association that practices Olympic Taekwondo as developed and practiced in South Korea and the only group that is a full member of the official national governing body for Olympic Taekwondo, and that is:

~~Heart of England | World Taekwondo (WT) Olympic Style~~ ~~...~~

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Gyeonggi ((kj??u?i)), a type of full-contact sparring, has been an Olympic event since 2000. The governing body for Taekwondo in the Olympics and Paralympics is World Taekwondo.

~~Taekwondo - Wikipedia~~

STRATEGIC TIPS FOR WINNING OLYMPIC STYLE SPARRING 2001-02-22 Written by: S. H. Kim - K. H. Chung - K. M. Lee This article excerpted from: Taekwondo Kyorugi: Olympic Style Sparring By: S. H. Kim - K. H. Chung - K. M. Lee. Special thanks to Turtle Press for the use of this article.

~~AAU - Taekwondo~~

In Taekwondo Kyorugi is based on respect and honour between taekwondo practitioners. Today's sparring is based on a points scoring system as seen in the Olympic Taekwondo event. At Moo Duk Taekwondo we also teach an older style of Kyorugi which allows the student to undergo sparring in a more realistic combat environment of full contact with limited body protection.

~~WTFU Moo Duk Taekwondo | Sparring | Dubai~~

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Taekwondo, Tae Kwon Do or Taekwon-Do (Korean ???/??? [t??.kʷn.do] ), English pronunciation / ? t a ? k w ? n ? d o /, or / ? t a ? ? k w ? n d o /? ) is a Korean martial art, characterized by its emphasis on head-height kicks, jumping spinning kicks, and fast kicking techniques with kicks and striking being above waist height only.