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For those who are practicing the WTF/USTU style of taekwondo, this is a very valuable and useful book. Masters Lee covers most aspects of Taekwondo such as

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the stretches, the strikes, kicks, and he even devotes a section on the Olympic competition rules.

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followed protocol. It is an integral part of the martial arts, and General Choi taught us that it is extremely important. However, because we have

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an official document or simply part of the oral tradition. Following the appropriate protocol is considered to be civilized behavior. In ITF Taekwon-Do we have always followed protocol. It is an integral part of the martial arts, and General Choi taught us that it is extremely important. However, because we have

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