

## Presentation for English Education

**Topic: Taek Won Do**

**Presenter: Daniel Diepold, Class 6**

Hello everybody! My name is Daniel.

I'm here to introduce you in my favorite hobby '**Tae Kwon Do**'

This is a very old Korean martial art (Kampfsport) and the national sport of South Korea.

태 권 도

Tae Kwon Do

**tae** means to strike or break with foot  
**kwon** means to strike or break with fist  
**do** means way, method or spirit

Taekwondo is one of the world's most popular martial art, and I like it.

This sport is also known for its kicking techniques, which is similar to Karate or Kung fu.

In the year of 2000 taekwondo became an olympical kind of sport in Sydney.

In Germany also the Twin Taekwondo exists. A special kind of Taekwondo, developed by the twins Georg and Gerhard Maier.

My school for this martial art is the twin Taekwondo school Unterhaching.

Usually I visit this school everyday at 5 o'clock PM from Monday till Friday.

The training includes learning techniques, stretching, aerobic workout (perhaps I show you the first hyong), self-defense techniques, breaking and relaxing.

You can do this martial art in every age, male or female. I have started taekwondo last year and I have got the yellow belt. This means the 8th Kup (from ten). Before this exam I have worn the yellow/white striped belt.

My next belt will have green and yellow stripes.

My instructor is Stephanos and I like him very much. He wears the black belt with 3 white stripes. This means, he is a master with the third DAN.

He says:

The philosophy of taekwondo is:

"I shall be a champion of justice and freedom" and "I shall build a better and peaceful world"

And this is what I think, too.



And now I will show you some pictures of my school:



Opening Twin Teakwondo Unterhaching, May 2009



My instructor Stephanos at a break



Break with wood



Georg Mayer breaks a stone with his elbow

**THANK YOU !!**