

# TAEKWONDO



**SELF DEFENCE**

**FITNESS**

**MENTAL DISCIPLINE**

## ABOUT TAEKWONDO

Taekwondo is an effective and efficient martial art which is the national sport of Korea. Today Taekwondo has progressed to not only become a recognised Olympic event, but also an effective self defence system and is both an exciting martial art and a dynamic sport. Taekwondo is an excellent method for maintaining health and fitness and builds tremendous confidence in its practitioners. Taekwondo is for all ages, men, women and children and is well suited for families to participate in together.

### TAEKWONDO BUILDS FITNESS

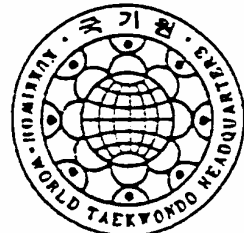
Exercises of Taekwondo, besides producing tranquillity and peace of mind, also relax the joints, tone the muscles, strengthen the internal organs and develop agility, strength and stamina. It provides an unequalled method of self

**Family  
Fitness**

defence for your own personal security. Family fitness is most important. It helps you to keep healthy, vital and happy. The practice of Taekwondo as a family works very well. People of all ages practice and enjoy the art



태권도  
TAEKWONDO



## WHAT IS TAEKWONDO

Taekwondo is a system of symmetrical body exercises, or techniques, designed for self defence and counter attack in unarmed combat using the hands and feet as weapons. However, Taekwondo is much more than just a fighting

skill, it is a way of thought and life. Through discipline Taekwondo trains both the body and the mind placing great emphasis on the development of moral character. In other words, self control discipline, kindness and humility must go hand in hand with physical grace. The practice of



Taekwondo gives one the mental attitude of modesty. This and generosity come from self confidence and are desirable virtues. With self confidence one can stand equally against any opponent but our code of ethics forbids unfair assaults or the use of unnecessary force. The use of unnecessary force does not form the basis for Taekwondo. Control over every action is developed through strict mental training.



## BRIEF HISTORY

Taekwondo is the Korean national sport. It is a sport the ancestors of the Korean people initiated before any other people in the world. These ancestors came from the heart of the Asian continent to occupy the Korean peninsula which was divided into three kingdoms. The kingdoms of Silla, Kokooryo and Pakjae. Kokooryo was founded in 37 BC in south-eastern Manchuria and what is now the most northern part of Korea. The kingdom was destroyed in a war with Silla in AD 668. In the ruins of Kokooryo tombs there is clear evidence that Taekwondo was practiced in the kingdom. On the ceilings & walls mural paintings depict two men facing each other in what can only be Taekwondo practice. Scientific research has established that the murals were painted before the start of the sixth century. This can be taken that Taekwondo was practiced by the Korean people before Bodhidharma arrived in China. According to popular legend Bodhidharma introduced the art of self defence to China by teaching monks at the Shaolin temple while teaching them the tenets of Buddhism. While occidental historians ponder about the reality of Bodhidharma and theorise on the origin of hand and foot fighting, Korean historians are satisfied that Taekwondo is the modern form derived from those ancient origins. Taekwondo is now the fastest growing martial art in the world and by far the most popular. In fact it has proven so popular that in the space of just thirty years it has gone from relative obscurity to becoming a full time Olympic sport, something that would normally take in the order of twice that time span.



# Taekwondo

The Ultimate in Self  
Defence

## ABOUT DALE EAGLING'S TAEKWONDO

Dale Eagling's Taekwondo was introduced to Tasmania in 1971 by the late Dale Eagling. Mr. Eagling spent his life developing the art in the state and at the time of his death had taught some 30,000 Tasmanians and had clubs all over Australia. He developed a tradition of excellence in the art and a pride in instruction that is reflected within our clubs today. Dale Eagling's Taekwondo is a member of:

**The Tasmanian Taekwondo Association Inc.**

**Taekwondo Australia Inc. (*recognised by the Australian Olympic Committee & Australian Sports Commission*)**

**The Australian Taekwondo Council**

**The World Taekwondo Federation - Korea**

**Head Instructor - Hugh Eagling**

**WTF 7th Dan Black Belt**

**Master Instructor - Master Sung Soo Lee**

**WTF 9th Dan Black Belt**

**All Instructors are properly qualified and experienced in the complete, professional instruction of Taekwondo. to World Standards.**



## EAGLING'S TAEKWONDO

*PHONE*

*1300 133 093 OR 0417 389 959*

*For fitness and self defence*

*Men - Women - Children*

*No fitness level required*

*All ages welcome*

*Enquire about our family discounts.*

**Taekwondo is the exciting way to get fit and learn the art of self defence**

*The benefits of Taekwondo instruction include:*

*Building confidence*

*Discipline*

*Fitness*

***Taekwondo is the ideal family sport  
for everyone to enjoy***



# CLUBS

## Moonah

### **The Moonah Community Centre**

Gormanston Road, Moonah

Monday & Wednesday 6.30 pm to 7.45 pm

Mondays 4 to 7 year olds 5.30pm to 6.15pm

**HEAD INSTRUCTOR: Hugh Eagling**

## Sandy Bay

### **St Stephens Church Hall**

524 Sandy Bay Road, Sandy Bay

Tuesday 6.30 pm to 7.45 pm

**BRANCH INSTRUCTOR: Daniel Gledhill**

## Kingston

### **The Kingston Beach Hall**

Beach Road, Kingston

Tuesday 6.30 pm to 7.45 pm

**BRANCH INSTRUCTOR: Julie McMullen**

## Colebrook

### **The Colebrook Community Centre**

Main Road, Colebrook

Tuesday 6.45 pm to 8.30 pm

**BRANCH INSTRUCTOR: John Housego**

### **Dale Eagling's Taekwondo**



Hugh Eagling

7th Dan Black Belt  
Head Instructor

P.O Box 260  
Moonah Tas 7009

Email: [HughEagling@bigond.com](mailto:HughEagling@bigond.com)

mobile 0417 389 959

Phone/fax : 1300 133 093



## **Moo Hak Kwan Hapkido**

Learn the art of  
Falling & Throwing  
Gain advanced knowledge in  
disabling joint lock  
techniques.



**Thursday nights:**

