



From Creation to Unification: The Complete Histories Behind the Ch'ang Hon (ITF) Patterns

Stuart Anslow

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Through the patterns of Ch'ang Hon (ITF) Taekwon-Do, thousands of students around the world have learned more about Korea and its history than by any other resource, due in no uncertain terms to the fact that General Choi Hong Hi chose to name the patterns after famous historical figures or events from Korean history, the patterns that hundreds of thousands of Taekwon-Do students now practice!

However, with the name of each pattern, General Choi only left the smallest snippet of information on those people or events, which for years, has left many students wanting to know more. This book aims to fulfil that 'want' and provides a much deeper insight and background into the lives of the illustrious figures (or events) that so inspired General Choi.

In this book you will learn more that you ever knew about these great figures in Korean history and understand what lead to them being chosen as a name for one of General Choi's patterns, but more importantly, their great contributions to Korea and its history, just as General Choi wanted!

In General Choi's own words *"A part of Korea therefore now exists across the whole world and Korea's nationality and history can never be removed by oppressors again"*.

Apart from expanding on the histories behind each of the Ch'ang Hon (ITF) patterns, this book corrects some small errors and reveals some interesting titbits and revelations along the way.

"It finally puts those last pieces of missing jigsaw in to place and completes the whole picture for the reader." - Master Ray Gayle, 8th Degree

"... another much needed resource for all students of Korean Martial Arts. Yes all Korean Martial Arts!" - Master George Vitale, 8th Degree

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Now a day individuals who Living in the era where everything reachable by interact with the internet and the resources inside can be true or not call for people to be aware of each information they get. How people have to be smart in having any information nowadays? Of course the correct answer is reading a book. Studying a book can help people out of this uncertainty Information especially this From Creation to Unification: The Complete Histories Behind the Ch'ang Hon (ITF) Patterns book as this book offers you rich details and knowledge. Of course the information in this book hundred pct guarantees there is no doubt in it everbody knows.

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Precisely why? Because this From Creation to Unification: The Complete Histories Behind the Ch'ang Hon (ITF) Patterns is an unordinary book that the inside of the e-book waiting for you to snap this but latter it will shock you with the secret the idea inside. Reading this book close to it was fantastic author who else write the book in such incredible way makes the content inside of easier to understand, entertaining way but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This book will give you a lot of gains than the other book have such as help improving your skill and your critical thinking way. So , still want to hold up having that book? If I have been you I will go to the book store hurriedly.

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