



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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Corine Ramirez:

Reading can called imagination hangout, why? Because if you are reading a book specifically book entitled From Creation to Unification: The Complete Histories Behind the Ch'ang Hon (ITF) Patterns your brain will drift away trough every dimension, wandering in every single aspect that maybe unknown for but surely will become your mind friends. Imaging each and every word written in a e-book then become one form conclusion and explanation which maybe you never get before. The From Creation to Unification: The Complete Histories Behind the Ch'ang Hon (ITF) Patterns giving you an additional experience more than blown away your head but also giving you useful facts for your better life in this particular era. So now let us show you the relaxing pattern the following is your body and mind will probably be pleased when you are finished studying it, like winning a game. Do you want to try this extraordinary paying spare time activity?

Joel Connolly:

Reading a book to get new life style in this yr; every people loves to learn a book. When you go through a book you can get a lots of benefit. When you read textbooks, you can improve your knowledge, since book has a lot of information onto it. The information that you will get depend on what sorts of book that you have read. If you want to get information about your study, you can read education books, but if you want to entertain yourself look for a fiction books, these us novel, comics, along with soon. The From Creation to Unification: The Complete Histories Behind the Ch'ang Hon (ITF) Patterns provide you with new experience in reading through a book.

Nicolas Jones:

Within this era which is the greater man or woman or who has ability to do something more are more treasured than other. Do you want to become among it? It is just simple strategy to have that. What you must do is just spending your time not very much but quite enough to possess a look at some books. One of the books in the top checklist in your reading list is From Creation to Unification: The Complete Histories Behind the Ch'ang Hon (ITF) Patterns. This book that is qualified as The Hungry Hills can get you closer in growing to be precious person. By looking upward and review this book you can get many advantages.

Elizabeth Brown:

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