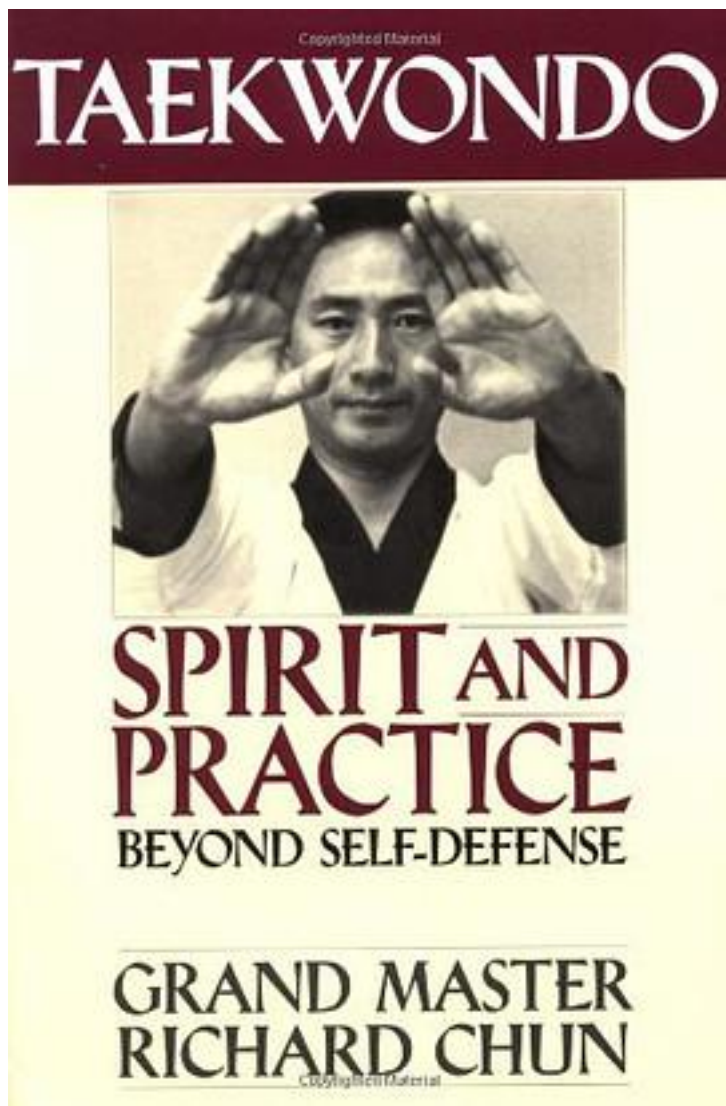


Taekwondo Spirit and Practice



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Master Richard Chun takes us on a first hand account of his life story and his dedication to the art of Taekwondo. We begin in Korea just before the Korean war and learn why Taekwondo is a noble and positive recreation for children, offering them challenges and lessons that they will reflect upon for their entire lives.

We follow as he takes Taekwondo to America not knowing how he and his art will be received. We see how Taekwondo plays a major role in this Grand Master's pursuit of a life in America and we cheer him on as he overcomes the difficulties a non-english speaking immigrant discovers in the USA. From celebrity students and their families (Donald Trump, Mayor Guliani, Gregory Hines) to everyday citizens, Master Richard Chun offers us the key to living a life of contribution to humanity through Taekwondo.

* Deepen Your Understanding of Taekwondo Traditions.

* Inspiration and Advice for a Lifetime of Practice.

* For All Styles and All Levels of Experience.

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