

Comparison between ITF and WTF Taekwon-Do



THE HISTORY

- Taekwon-Do founded and named in **1955** by General Choi Hong Hi. ITF formed in **1966** with 9 member countries, Gen. Choi President.
- Gen. Choi moved HQ to Canada in 1973 then later Austria where it has been ever since.



- South Korea set up the WTF in 1973. Spelt as one word: "taekwondo".

THE TECHNIQUES

- General Choi created 24 patterns (called Tul) that were published in the book "Taekwon-Do The Art of Self-Defence," in 1965. The Tuls they practice were created by General Choi, each one having been named for some person or concept significant to Korean history.

The method of performing individual techniques, as well as the techniques themselves are quite different from WTF. Techniques start and finish in different positions and are executed using a sine-wave motion.



- WTF has gone through several different sets of forms which they now call, "Poom-Se". The original Poom-Se practiced by the WTF were Ki-Cho one through three, and Pal-Gwe one through eight. Most WTF schools no longer practice these, choosing instead to practice Tae-Kook (Tae-Guek) one through eight for students who have not yet earned their black belts. At the black belt level, there exists an entirely different set of Poom-Se.

WTF do not use a sine-wave motion.

THE TERMINOLOGY

- Gen. Choi named all 3500 ITF techniques with both English and Korean terminology.

"Turning kick"

"Round Kick"

- The terminology in WTF is completely different from the ITF, both in English and Korean.

THE COMPETITION RULES

- In the ITF, students wear foam rubber hand and foot pads aimed, primarily, at minimizing damage to their opponents. Students are allowed to kick and punch to both the head and body of their opponent. Illegal targets are the back, back of the head, and anywhere below the belt. Contact is restricted to "touch contact".

An equally important part of ITF competition are patterns, special techniques, power, and team events.



- In WTF free sparring, students wear thick chest padding similar in appearance to, although much lighter than, a bullet proof vest. They also wear foam rubber head gear. WTF competitors do not typically wear anything on their hands and punching to the face is illegal. Rules are "full contact".

WTF have only sparring events.

THE UNIFORM

- The ITF uniform is white and zips up in the centre. Black belt holders have a black stripe on the bottom of the jacket, 4th dans and above have stripes down the sleeves and pants.



- The WTF wear a V-neck uniform with various colours on the v-neck. There appears to be variations of the uniform with some having checked fabric also. WTF members also often wear shoes.

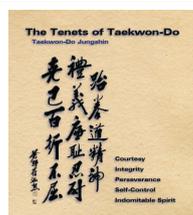
THE RANKING SYSTEM

- ITF system of rank is made up of 10 grades and 9 degrees of black belt. The title of Master is reserved for 7th degree and above only.

- * WTF generally refer to 5th dans as Masters and have up to 10th dan.

THE PHILOSOPHY

- ITF Taekwon-Do follows the tenets of Taekwon-Do and philosophy of General Choi Hong Hi, founder of Taekwon-Do. There is a heavy emphasis on theory and philosophy, patterns and technical perfection, as well as the sporting aspects.



- WTF is primarily concerned with the sporting aspects of their art. Most WTF classes consist of sparring drills, pad work and free sparring.