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Taekwondo - Wikipedia
STRATEGIC TIPS FOR WINNING OLYMPIC STYLE SPARRING 2001-02-22 Written by: S. H. Kim - K. H. Chung - K. M. Lee This article excerpted from: Taekwondo Kyorugi: Olympic Style Sparring By: S. H. Kim - K. H. Chung - K. M. Lee. Special thanks to Turtle Press for the use of this article.

AAU - Taekwondo
In Taekwondo Kyorugi is based on respect and honour between taekwondo practitioners. Today’s sparring is based on a points scoring system as seen in the Olympic Taekwondo event. At Moo Duk Taekwondo we also teach an older style of Kyorugi which allows the student to undergo sparring in a more realistic combat environment of full contact with limited body protection.

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