"To help others to develop and succeed in life is a reward itself and only has value when nothing is expected in return."
Gen. Choi Hong Hi

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2024 CALENDAR
Best ITF Taekwon-Do athlete for 2023 will be announced on January 31st

“Refrain from reckless and thoughtless actions. Be as calm and judicious as a mountain.”

Gen. Choi Hong Hi
Taekwon-Do Tenets Awards – courtesy will be awarded in February

“Awareness and integrity are the basic elements of honour.”
Gen. Choi Hong Hi
2024

### March

- March 22nd Founding date of the International Taekwon-Do Federation

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“Determination and faith can overcome any obstacle.”

Gen. Choi Hong Hi

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Draugasse 3, 1210 Vienna, AUSTRIA
“We are learning Taekwon-Do with a purpose of building a better and more peaceful world.”

Gen. Choi Hong Hi

• April 11th naming of Taekwon-Do
• European ITF Taekwon-Do Championships, 15th-22nd of April

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“Pain is the best instructor, but no one wants to go to his class.”

Gen. Choi Hong Hi
“A true Grandmaster is a person who starts the arts at a very young age and continues it until their body will no longer allows it. Then they still contribute mentally to the art.”

Gen. Choi Hong Hi
• Taekwon-Do Tenets Awards – Perserverance will be awarded in July

“Be devoted – sincerity and effort definitely produce the belief and the belief makes one able to reach the final goal.”

Gen. Choi Hong Hi
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"Be discreet - in everything one does, a person must not be impulsive or reckless but patient and thoughtful."

Gen. Choi Hong Hi

- Asian Taekwon-Do Championships
  19th – 25th of August

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“Know true happiness – all things in the world are relative to one another.”
Gen. Choi Hong Hi

Taekwon-Do Tenets Awards - Self Control will be awarded in September
October 4th International ITF Taekwon-Do Coaches Day

“Develop peace of mind - A clear pond becomes muddy if agitated and then returns to its original state when allowed to settle undisturbed.”

Gen. Choi Hong Hi

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“Be discreet - in everything one does, a person must not be impulsive or reckless but patient and thoughtful.”
Gen. Choi Hong Hi
• Taekwon-Do Tenets Awards - Indomitable Spirit will be awarded in December

“Here I leave Taekwon-Do for mankind as a trace of man of the late 20th century. The 24 patterns represent 24 hours, one day, or all my life.”

Gen. Choi Hong Hi