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2020 Online Taekwondo Class



Beginning Thursday, October 1, 2020, the Korean Cultural Center, Los Angeles (KCCLA) will present the **2020 Online Taekwondo Class**, which will be held through our social media platforms (KCCLA website, Facebook, YouTube, and Instagram).

These online video trainings will provide the general public an experience of traditional Korean martial arts, Taekwondo, which trains the body and mind. Every year, KCCLA partners with the Beyond the Bell branch of LAUSD to provide Taekwondo classes to Elementary, Middle, and High School students in Los Angeles County. This year, due to COVID-19, we are providing this experience to everyone to train in the convenience of their own homes while practicing social distancing.

As the national martial art of South Korea, Taekwondo was selected as a demonstration Olympic sport at the 1988 Seoul and 1992 Barcelona Olympic games. With Taekwondo spreading to eventually 206 countries, it was adopted as an official medal sport at the 2000 Sydney Olympic games by the International Olympic Committee (IOC).

This year's Online Taekwondo Class contains 15 episodes that showcases various topics starting from basic stances/movements, hand/kicking/breaking techniques, sparring, self-defense, stretching, and a little history and philosophy of the sport. These lessons will be taught through detailed explanations and demonstrations by three Masters who hold 5th-Degree (Dan) black belts and above.

Park Wijin, Director of KCCLA, states that "we hope to overcome this COVID-19 (2019 Novel Coronavirus) pandemic together through these 2020 Taekwondo Online Classes. I hope Taekwondo will become a more active sport here in the United States as not only is it a global cultural heritage of Korea, but also a main representative brand and cultural content of Korea." //END//