

## EXECUTIVE SUMMARY

### The ITF President's Message for November & December 2008

#### The Taekwon-Do Way of Life: What is it?

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##### Introduction

- a quick look at the first two messages about the Taekwon-Do way of life: January and March 2007
- coming soon: basic courses about the Do for ITF members ( red and black belts)

##### What is it like to live the Taekwon-Do way of life?

- living the Taekwon-Do way compared to jogging down a road
- importance of proper preparation
- characteristics of a life lived the Taekwon-Do way

##### How do you define happiness?

- happiness for an infant, for young children, in the teenage years, and for adults
- learn to be satisfied with what you have
- decide what is really important to you
- simple is better

##### Be aware of negative influences

- materialism
- friends
- popular culture

##### Stay healthy

- get enough rest
- attend Taekwon-Do classes regularly
- don't exaggerate in physical activity
- eat sensibly
- don't abuse drugs

##### Happiness is relative

- recognize that your definition of happiness will change as you progress through life

##### How to achieve happiness

- some good advice
- have a logical plan: Confucius's concept of life
- be a authentic leader

##### Benefits of living the Taekwon-Do Way of Life

- how my children have benefited

##### Conclusion

- do what is good ( right) and avoid doing what is bad (wrong)
- "Practice makes perfect."
- the ITF will help you to live the Taekwon-Do way of life