



CANADIAN TAEKWON-DO FEDERATION INTERNATIONAL
FÉDÉRATION CANADIENNE DE TAEKWON-DO INTERNATIONALE



Dear ITF Members,

Hope this letter finds you and your families well and healthy!

Even though we are in uncertainty during these troubled times we need to remember and celebrate Taekwon-Do's birthday on April 11, 1955.

Taekwon-Do as developed by General Choi Hong Hi taught us the values of the five tenets which include courtesy, integrity, perseverance, self-control and indomitable spirit. With these qualities we will have the strength to endure whatever challenges come our way.

Happy Birthday Taekwon-Do and thank you General Choi for the gift you gave us.

Be strong and safe, tomorrow is another day!

Yours in Taekwon-Do,

Master C. Norman