



*Dear ITF Women, ITF Family,  
Sisters and Brothers Everywhere*

*In Celebration of International Women's Day,  
March 8<sup>th</sup> 2025*



*ITF Women's Committee invites you to participate in:*

### *INDOMITABLE SPIRIT: Hands Across the World™*

*We ask for your show of hands – linked together, or held in prayer, TKD fist or a simple wave – to demonstrate our unity as one family and one humanity.*

*We have been divided by wars, false narratives and inversion of our most precious moral codes and beliefs. Our minds, bodies and spirits have been harmed.*

*Our TKD Tenets, simple as they are, teach us all we need to stand together in strength, love, peace and unity. Listen to the heart, protect the children and join in a show of hands across the World – together we are Indomitable.*

*Taekwon,*

*Grand Master Dr Linda Low*

*International Taekwon-Do Federation EB Member*

*Chair ITF Women's Committee*

**ITF**  
**INTERNATIONAL TAEKWON-DO FEDERATION**

