

Ultimate Guide to Tae Kwon Do

Characterized by high-flying kicks and punches that easily shatter thick boards, Tae Kwon Do is one of the world's most popular martial arts and exhibition sports. This Korean system of self-defense offers its students improved cardiovascular fitness, strength, flexibility, balance, self-confidence, and peace of mind. Inside Kung-Fu's Ultimate Guide to Tae Kwon Do offers all Tae Kwon Do students--from white belts to black belts--a wealth of insightful, reliable, hard-to-find information from world-renowned experts in every aspect of the art. Inside, you'll find chapters that inform and inspire, addressing such topics as: - The history and traditions of Tae Kwon Do - Mastering the ten basic movements that are the foundation for all advanced techniques - One-step sparring, stretching, competing, and performing great demonstrations - Finding and evaluating schools, classes, and instructors - Streetwise self-defense applications of Tae Kwon Do techniques In the Ultimate Guide to Tae Kwon Do, you will find everything you need to get started and advance through the ranks of this immensely challenging, rigorous, and rewarding martial art. John R. Little is the author of The Warrior Within, Bruce Lee: Words from a Master, and other books on Bruce Lee. He is also the author of numerous published articles on martial arts philosophy and practice. Curtis F. Wong is the publisher of Inside Kung-Fu and other highly respected martial-arts magazines.



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