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Black Belt Tae Kwon Do: The Ultimate Reference Guide to the World's Most Popular Black Belt Martial Art

By Yeon Hwan Park, Jon Gerrard

Skyhorse Publishing. Paperback. Book Condition: new. BRAND NEW, Black Belt Tae Kwon Do: The Ultimate Reference Guide to the World's Most Popular Black Belt Martial Art, Yeon Hwan Park, Jon Gerrard, The ancient Korean martial art of Tae Kwon Do allows its practitioners to reach physical prowess, moral development, and spiritual growth. Black Belt Tae Kwon Do is designed to meet the needs of students who wish to complete their black belt training with a reliable study source for solitary practice. This complete sourcebook combines a complete explanation of the physical aspects of the martial art with a full description of the philosophical elements of its training. More than seven hundred photographs illustrate practice routines, black belt forms, sparring strategies, and advanced self-defense techniques. Extensive appendixes include competition rules, weight and belt divisions, governing bodies of national and international organizations, and a glossary of Korean and English terms. Every serious student of Tae Kwon Do will want this manual, the only book of its kind endorsed by the World Tae Kwon Do Federation and the United States Tae Kwon Do Union.



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