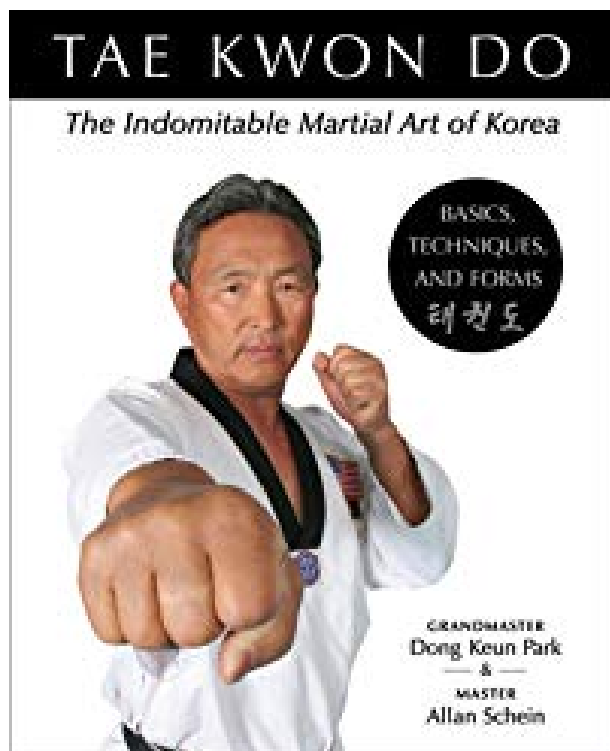


# Tae Kwon Do Basics, Techniques and Forms: The Indomitable Martial Art of Korea



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Straight from a martial arts grandmaster, this manual on tae kwon do gives comprehensive physical and mental guidance for belt levels from white through black. Detailed color photographs reveal the intricacies of each position, offering coverage of essential hand and foot techniques, blocks, and strikes. For competitors, there are complete listings of both Olympic rules and World Tae Kwon Do Federation sparring guidelines. In addition to the practical aspects, the book delves into the philosophy and history of tae kwon do, giving a closer look at the "art" of this martial art.

By instilling discipline in students and providing inspiration for instructors, this definitive guide makes a fitting companion for practitioners of all levels.