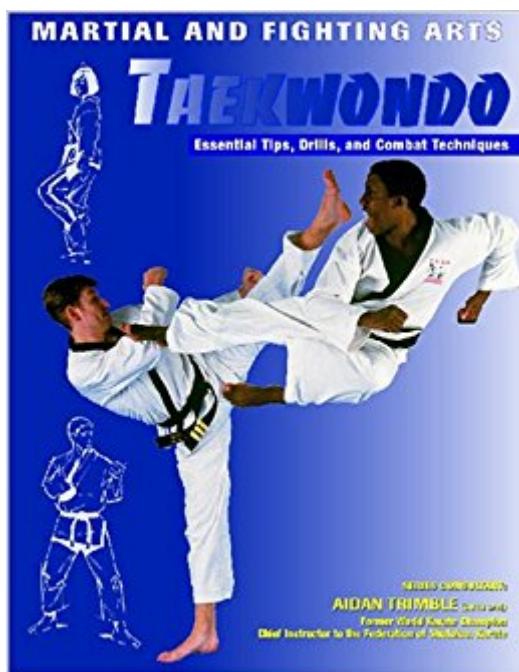


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# Taekwondo: Essential Tips, Drills, And Combat Techniques (Martial And Fighting Arts)



## Synopsis

About this book Taekwondo as a sport and martial arts is synonymous with spectacular high-kicking action and incredible feats of destruction. More than any other martial art taekwondo is a feast of dynamic and awe-inspiring moves. Although its roots can be traced back almost 2 000 years taekwondo was only formally recognized in 1955 in Korea. Even though it is relatively new to the history of martial arts it is one of only two martial arts officially recognized as Olympic sports. Taekwondo is primarily a kick-based martial art although it also uses a variety of punches strikes and blocks. What really sets it apart from other arts however is its distinctive set patterns and its emphasis on methods of destruction-breaking bricks boards or tiles with hands feet or elbows.

**Product Details**

Author	Barnaby Chesterman	Language	English	Format	Hardcover	Pages	96			
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## Customer Reviews

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I checked this out of the library and I regret that decision. I am always looking for good Tae Kwon Do books and this is far from "good". The previous reviewer mentions that the author barely understands Tae Kwon Do. He may have some understanding of a different karate system but even this is doubtful. You always know that the author is missing his subject matter when he gets the terminology wrong. Japanese words for a Korean art and vice versa... never a good thing. The specifics of karate found in the book can be and should be found in much better books. Look around for books that are more specific to whatever art you are studying. If you are studying any of the plethora style so Tae Kwon Do then stay far away from this.

This is an extremely basic book, covering TKD only superficially. The about the author section lists Mr. Chesterman's Judo accomplishments. One sentence says that he has participated in TaeKwonDo and Thai Kick Boxing and is a qualified Judo coach. The series Consultant is trained in Shotokan, and not TKD. The clothing and equipment section lists Japanese terms and weapons not used in TKD (Or mentioned elsewhere in the book), such as Hojo Jutsu, a long rope used in Jujutsu to restrain attackers. When the author's knowledge of TKD ran out, he used his knowledge of other martial arts as filler. This is a book by someone who knows a little ABOUT Taekwondo, not from someone who knows Taekwondo.

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