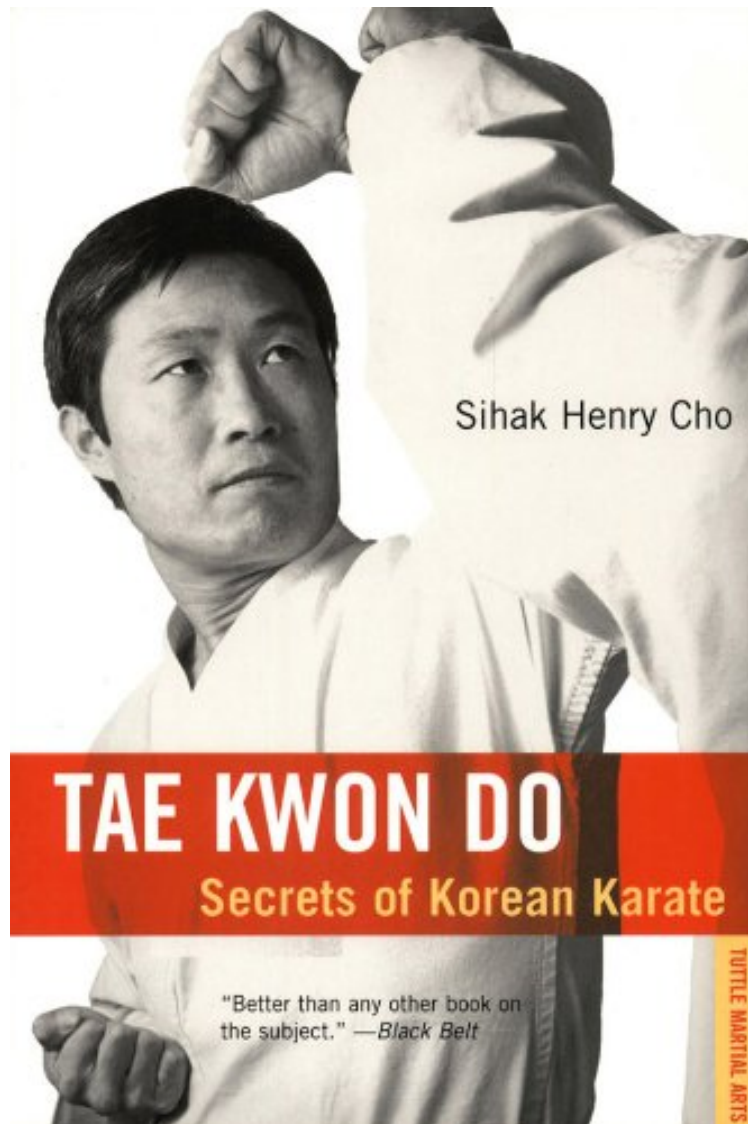


[Download ebook] Tae Kwon Do: Secrets of Korean Karate

Tae Kwon Do: Secrets of Korean Karate

Von Sihak Henry Cho

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Von Sihak Henry Cho : Tae Kwon Do: Secrets of Korean Karate before purchasing it in order to gage whether or not it would be worth my time, and all praised Tae Kwon Do: Secrets of Korean Karate:

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. No better reference work available on the subject.Von Ein KundeOutstanding demonstration and explanation of this highly popular style of karate which,moreso than most places great emphasis on foot technique.The text is easy to understand and its' thoroughness of detail and display of skill in technique make it second only to Jordan Roth's

masterwork Black Belt Karate. It must be said that this book would probably not serve a novice student too well as there are some moves which could prove difficult to master, like the front and side-limbering kicks and the flying roundhouse kick. This book should perhaps be best viewed as a companion piece to Roth's as there are several techniques not covered in that book, such as the hook kick and the rising heel kick. Great emphasis is placed on sparring so I would say that it is absolutely essential to work with a partner when referring to this book. As one who enjoys the kicking techniques of karate this book definitely comes highly recommended. A class cover shot of a perfectly executed side thrust kick enhances this book's already considerable appeal and usefulness.

Kurzbeschreibung"Clearly written, easily understood one of the most significant contributions to the art of foot and fist fighting. The Japan Times Tae Kwon Do is a fighting art which employs almost all parts of the body in offensive and defensive moves. The techniques consist of many individual moves which are practiced as individual units and joined together for maximum efficiency in free fighting. These practice units are: basic drill in stances, kicking, punching, striking, blocking, combinations of these moves in formal patterns, prearranged attacks and counterattacks, stepping and shifting, etc. The combination of all of these units results in skill at Tae Kwon Do, which is demonstrated in free fighting. Some of the moves are directly applicable to free fighting while the others develop basic speed and coordination. In Tae Kwon Do guide, illustrated with nearly 1,000 photographs, the author explains when, where, why, and how to best apply the deadly techniques of Tae Kwon Do. This martial arts training book gives pinpoint explanations of the advantages and disadvantages of each move, analyzing them step by step from offensive, defensive, and counterattacking perspectives. The techniques presented are applicable to any martial arts system.