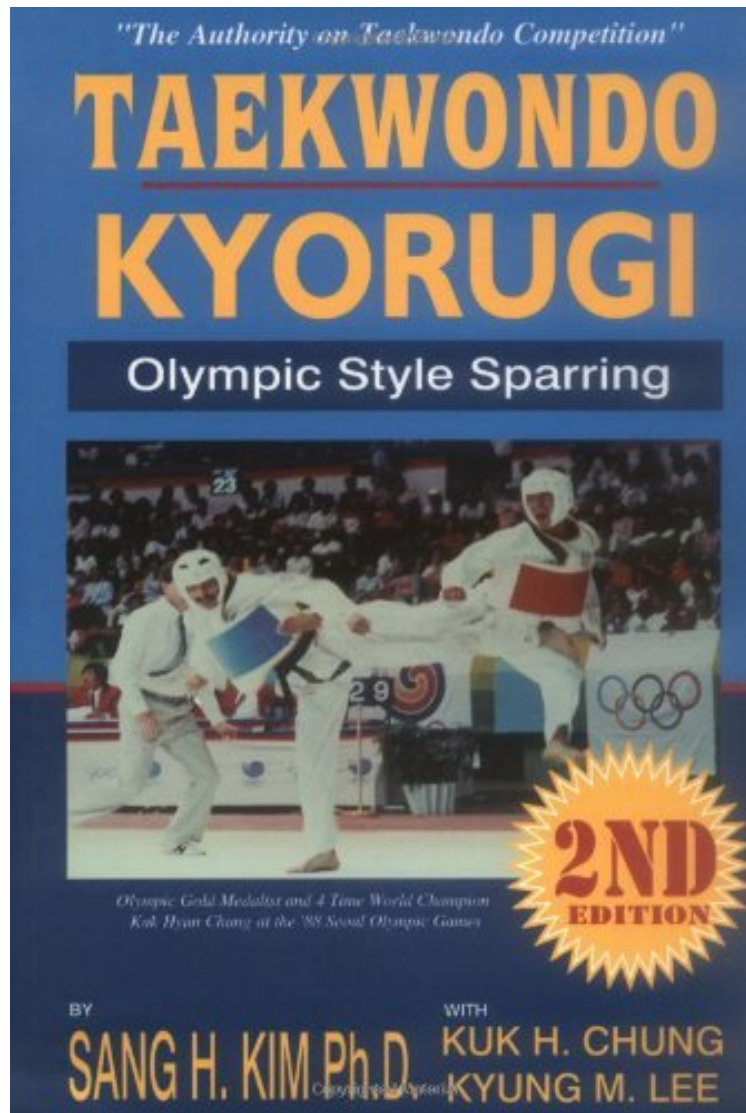


(Free) Taekwondo Kyorugi: Olympic Style Sparring (English Edition)

Taekwondo Kyorugi: Olympic Style Sparring (English Edition)

Von Sang H. Kim, Kyung M. Lee, Kuk H. Chung
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Von Sang H. Kim, Kyung M. Lee, Kuk H. Chung : Taekwondo Kyorugi: Olympic Style Sparring (English Edition) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Taekwondo Kyorugi: Olympic Style Sparring (English Edition):

Kundenrezensionen Hilfreichste Kundenrezensionen 0 von 0 Kunden fanden die folgende Rezension hilfreich. Very good book for any student/instructor Von Ein Kunde This book helps with the fundamentals of Olympic sparring and gives the student or instructor a clear understanding of how to apply the basics. A lot of good combinations. Maybe not the book for someone who does not work out in a Dojang. You do need to know something about Taekwondo.0

von 0 Kunden fanden die folgende Rezension hilfreich. Fr den Wettkampf-interessierten TKDin sehr brauchbarVon Christian BrunsDas Buch ist fr wettkampforientierte TKDin sehr brauchbar. Es beinhaltet viele ntzliche Ratschlge zu Taktik im Kampf, Training, Ernhrung, etc.

KurzbeschreibungTaekwondo Kyorugi is the authority on taekwondo sparring. Written by Korean Olympic Gold Medalist Kuk Hyun Chung, WTF Deputy-Secretary General Kyung Myung Lee and Renowned Martial Arts Author Sang H. Kim, it is a direct translation of the original Korean text. Learn the skills, drills, strategies and methods used by Korean coaches and competitors for years. Footwork, kicks, hand target drills, heavy bag workouts, coaching, combinations, strategy, professional training, opponent analysis, conditioning, weight control, competition tips, official Olympic rules, scientific analysis of scoring, more! 120 photosKurzbeschreibungTaekwondo Kyorugi is the authority on taekwondo sparring. Written by Korean Olympic Gold Medalist Kuk Hyun Chung, WTF Deputy-Secretary General Kyung Myung Lee and Renowned Martial Arts Author Sang H. Kim, it is a direct translation of the original Korean text. Learn the skills, drills, strategies and methods used by Korean coaches and competitors for years. Footwork, kicks, hand target drills, heavy bag workouts, coaching, combinations, strategy, professional training, opponent analysis, conditioning, weight control, competition tips, official Olympic rules, scientific analysis of scoring, more! 120 photosDer Verlag ber das BuchTABLE OF CONTENTSChapter 1: Taekwondo Competition Chapter 2: Essence of Kyorugi *Fundamental Kyorugi Principles *Kyorugi Attributes Chapter 3: Competition Skills *Components of a Competitor *Techniques Chapter 4: Strategies *Offensive Strategy *Strategic Tips for Winning *Assessing the Opponent Chapter 5: Professional Kyorugi Training *Independent Training *Training with a Partner *Supplementary Training Methods *Competitor Styles *Mandatory Protection GearChapter 6: Planning and Implementation *Content of Training *Implementation of the Training Plan Chapter 7: Progressive Training Plans *Beginner *Intermediate *Advanced *National Chapter 8: Kyorugi Psychology Chapter 9: Taekwondo Fitness *Strength and Power *Speed *Agility *Endurance *Flexibility *CoordinationChapter 10: Coaching Taekwondo Chapter 11: Preparation for CompetitionChapter 12: Sports Medicine *Nutrition *Weight Control *Massage *Injuries *Fatigue Chapter 13: For Instructors *Dojang Practice Methods *Sparring *Kyorugi in Class *Kyorugi without FearCompetition Rules Referee's Hand Signals Competition Terminology