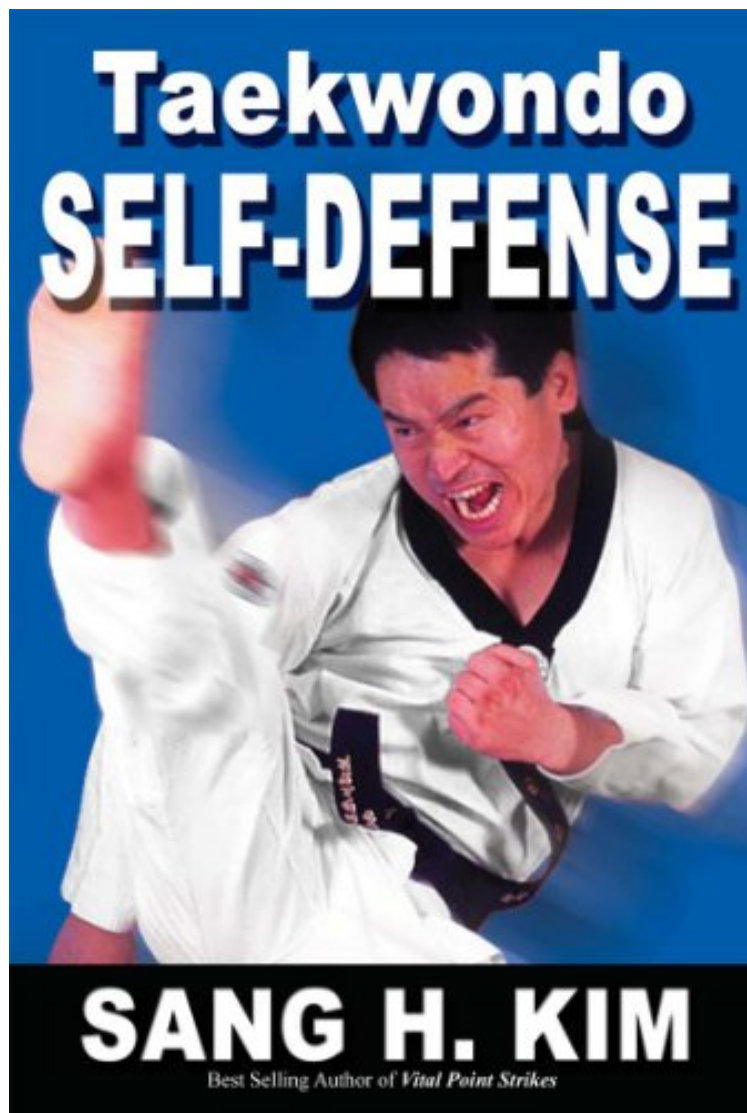


(Mobile book) Taekwondo Self-defense (English Edition)

## Taekwondo Self-defense (English Edition)

Von Sang H. Kim

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**Von Sang H. Kim : Taekwondo Self-defense (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Taekwondo Self-defense (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. lots of pictures, great bookVon eddy schuurmanstep by step techniques explained with lots of pictures. Great book if you want to improve your basic self defence skills.

Kurzbeschreibung In Taekwondo Self-defense: Taekwondo Hoshinsool, Sang H. Kim adapts traditional Taekwondo skills for the modern day Taekwondo classroom. The self-defense techniques presented blend Taekwondo kicking, blocking and striking skills with locks, throws and takedowns drawn from other Korean self-defense arts. Learn how to use your Taekwondo skills to defend against a wide variety of common emptyhand attacks including holds, locks, chokes punches, kicks and pins. Plus, learn defenses against an attacker wielding a blunt weapon, knife or gun. Each defensive scenario is illustrated with high quality photos and explained in step-by-step detail that includes key points to successfully applying advanced techniques, multiple ways of defending against the most common attacks and alternative responses to help you prepare for the fluid reality of a real-life self-defense situation. Taekwondo Self-defense is an invaluable reference for the dojang, promotion testing, demonstrations, and your personal protection.

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