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The Heart of Taekwondo

By Mark Biddlecombe

Authors OnLine Ltd. Paperback. Condition: New. 302 pages. Dimensions: 8.4in. x 5.5in. x 0.7in. How can a Martial Art enhance the quality of life? The Heart of Taekwondo (Korean martial art of self-defense) incorporates the themes, Patterns, Power and Promotion. Patterns (sets of physical exercises) must be performed with power in order to achieve promotion. For generations this criterion has remained at the Heart of Taekwondo practice. The arrangement of Taegeuk and Black Belt patterns are illustrated with over 450 photographs. Taekwondo offers practitioners the opportunity to enjoy an excellent quality of life and, to live longer. The benefits of physical exercise, appropriate dietary intake and rest are discussed with the aid of charts and diagrams. The Author, Grandmaster Mark Biddlecombe, one of the highest ranked Taekwondo Instructors in the United Kingdom, shares his experiences, thoughts and ideas. Subjective and objective data are used to explain how Taekwondo has transformed from part of Korea's culture to one of the most popular martial arts in the world, and an Olympic Sport. The Heart of Taekwondo provides information for the novice and advanced practitioner. Within the book, subjects that have never before been written about have been discussed. Information regarding Taekwondo philosophy and...



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