

The essential introductory text, written by the author of the landmark 896-page book, "Taekwondo: Traditions, Philosophy, Technique."

This is the first introductory text to accurately portray the world's most widely practiced martial art, Taekwondo, in its entirety. Inclusive of virtually all Taekwondo styles, including Olympic-Style, this unprecedented work integrates traditional and modern approaches, sport and self-defense, in a single concise text. In-depth chapters on history and philosophy introduce over 150 techniques, spanning basic skills, self-defense, Olympic-Style sparring, and solo forms. Clearly illustrated through hundreds of outstanding photographs, this easy-to-understand work serves both as basic material to guide novices during their initial training, and essential reading for anyone seeking a concise, unbiased overview of Taekwondo.

128 pages, 8.5 x 11, 530 b&w photographs, 62 drawings \$16.95 (softcover), ISBN 0-8348-0537-5



An imprint of Shambhala Publications www.shambhala.com View sample pages at: www.marctedeschi.com