



PRAISE FOR MARC TEDESCHI'S "TAEKWONDO"

“Simply put, *Taekwondo: Traditions, Philosophy, Technique* is the most comprehensive work ever written and illustrated on the world’s most widely practiced martial art . . . expertly integrates traditional and modern approaches, history, and sport and self-defense . . . *the* definitive work on the subject, and of mammoth scope. If you want a worthwhile investment in a single Taekwondo book, I recommend that you buy this one. You won’t be disappointed.”

– **JOHN CORCORAN**, Managing Editor of *MA Success* magazine and coauthor of the classic *Martial Arts: Traditions, History, People*

“An excellent job in compiling a very detailed list of techniques . . . a rich reference source for the beginning as well as intermediate Taekwondo student . . . The author is to be commended for his excellent organization and presentation of the material throughout the book . . . an historical asset.”

– **JOURNAL OF ASIAN MARTIAL ARTS**

☆☆☆☆ *An Outstanding Achievement in Martial Arts Literature*

“As far as books on the martial arts go, this masterpiece is in a class of it's own. As far as books on specific styles go, in this case the Korean art of Tae Kwon-do, there is nothing like it available on the market today. Nor will there be anything to match it in the coming years, I believe. A fantastic piece of literature that displays vast knowledge of the art's philosophy, traditions, history and techniques. Superbly researched, superbly written, and superbly read!”

– **AMAZON.CO.UK (ENGLAND)**

☆☆☆☆ *Excellent Comprehensive Resource*

“Marc Tedeschi has produced one of the finest Taekwondo resources available in print. The photography is outstanding. The information and layout are easy to follow and comprehend. Each section, e.g., philosophy, history, punches, kickes, blocks, self-defense, sparring, etc., is a joy to read and study. As for the section on forms: wow! The step-by-step charts, the corresponding pictures, and the form diagrams are the best I have ever seen. This resource is a must for any serious student of Taekwondo. I for one appreciate his attempt to cover both the WTF and ITF styles of Taekwondo, since it demonstrates the rich diversity of this popular martial art.”

– **AMAZON.COM (USA)**

☆☆☆☆ *A Really Nice Book*

“A really beautiful book, with lots of explicative and nice pictures of very high quality . . . with some awesome parts, like the chapters about footwork and Olympic-sparring that are really clear and comprehensive . . . It shows how beautiful, powerful and dynamic Taekwondo can be! I would recommend this book to any Taekwondo student.”

– **AMAZON.COM (SWEDEN)**

“Without a doubt the best works on martial arts today are those written by Marc Tedeschi . . . great reference for anyone who is serious about learning or teaching the martial arts.”

– **PROFESSOR WILLY CAHILL**, Two-time Olympic Judo Coach



An imprint of
Shambhala Publications
300 Massachusetts Ave.
Boston, MA 02115 USA
866-424-0030
www.shambhala.com

Statistics
896 pages, 8 1/2 x 11
Over 8600 b&w photos
Diagrams, glossary, index
ISBN 0-8348-0515-4
US \$90.00 (hardcover)

View Online
View sample pages,
read book reviews,
order books, or get
more information at:
www.marctedeschi.com

Discounts
Healing and martial arts
professionals are eligible
for up to 50% Off.
For details, please visit:
www.marctedeschi.com