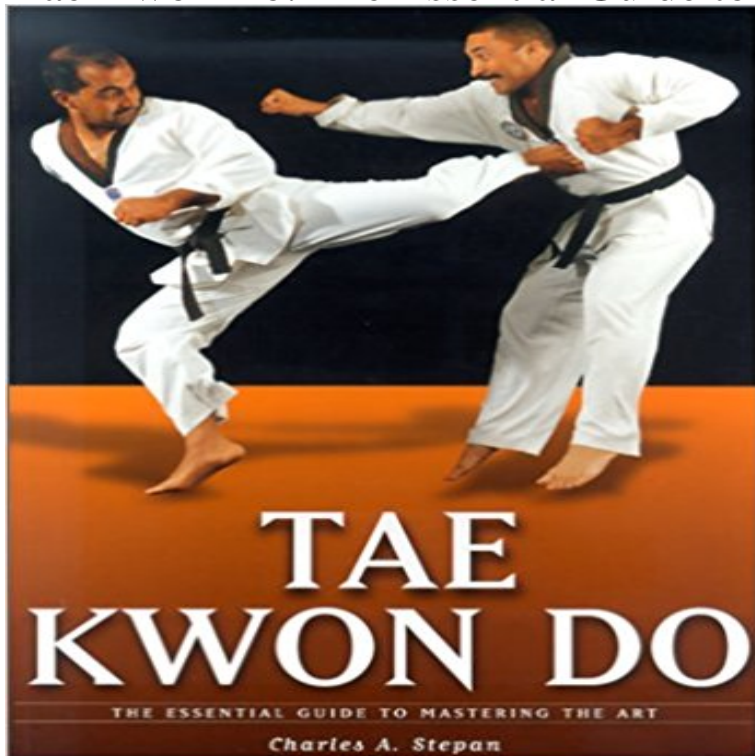


Tae Kwon Do: The Essential Guide to Mastering the Art



Tae Kwon Do, the way of kicking and punching, is one of the most popular martial arts, especially in North America. A superb way to keep fit, it also emphasizes mind-body unity and helps students attain confidence and a sense of physical and mental well-being. This comprehensive, full-color, heavily illustrated book explains the terminology, etiquette, and the long-term benefits of this ancient practice. Basic and advanced techniques are depicted in specially commissioned, high-quality step-by-step sequences. Close-up details and illustrations focus on key elements of technique. With its superbly clear, full-color instructional photographs and precise text, this is an invaluable and inspiring book for any newcomer to the world of Tae Kwon Do.

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