

Taekwondo Basics - Scott Shaw

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From classic stances, blocks, kicking, and strikes to its philosophical principles and history, Taekwondo Basics prepares the reader for years of successful practice. Author Scott Shaw walks the reader through the first class and preliminary training methods and shares his insights on conditioning exercises, working with a partner, competitions, practicing footwork, and more. Drills and practices will allow the reader to immediately apply the lessons. The book includes a list of resources and information on further training. Author: Shaw, Scott Publisher: Tuttle Publishing Illustration: N Language: ENG Title: Taekwondo Basics Pages: 00192 (Encrypted EPUB) / 00192 (Encrypted PDF) On Sale: 2003-10-15 SKU-13/ISBN: 9780804834841 Category: Sports & Recreation : Martial Arts & Self-Defense

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