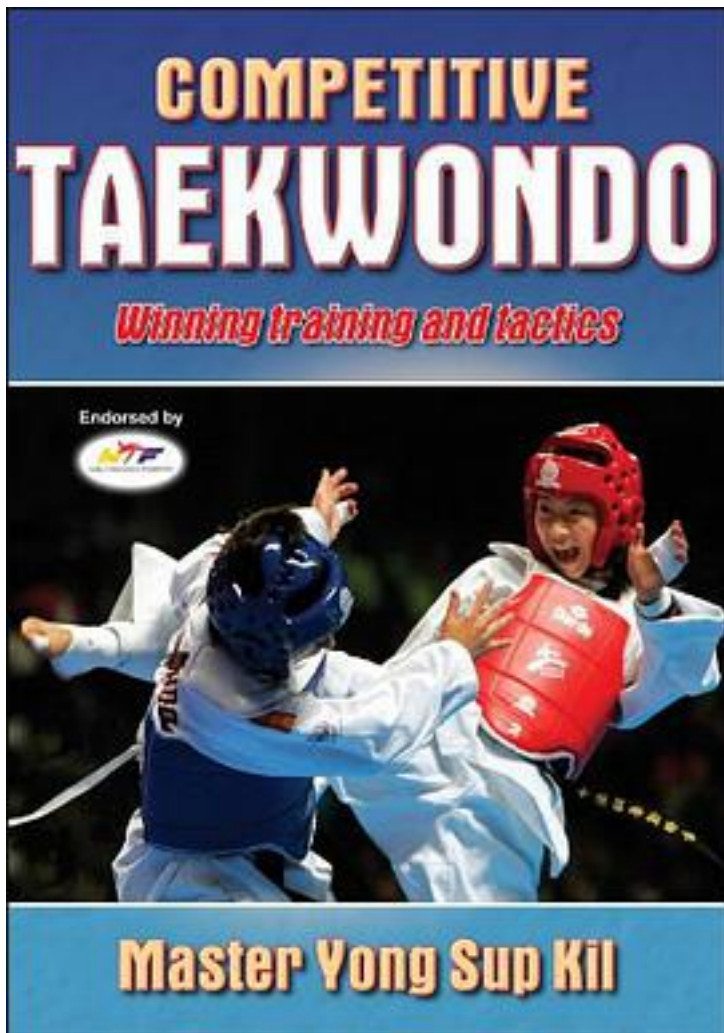


# Competitive Taekwondo



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Competitive taekwondo is a demanding sport. Participants must be quick and able to

score when given an opportunity. This book will guide the reader to victory by demonstrating the proven skills needed to succeed. Through detailed descriptions and photos, former World Champion, Master Yong Sup Kil illustrates how subtleties of technique, such as stance, foot angle and timing provide the foundation for unstoppable direct, indirect and counter attacks. Further fight strategies, such as creating an attacking opening and setting up counter attacks allows the reader to dominate their opponent and score at will. From conditioning drills to increase flexibility, strength, endurance and power to information on making weight and pre-fight strategies to improve focus and concentration, this book provides the blueprint for competitive success.

作者介绍:

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