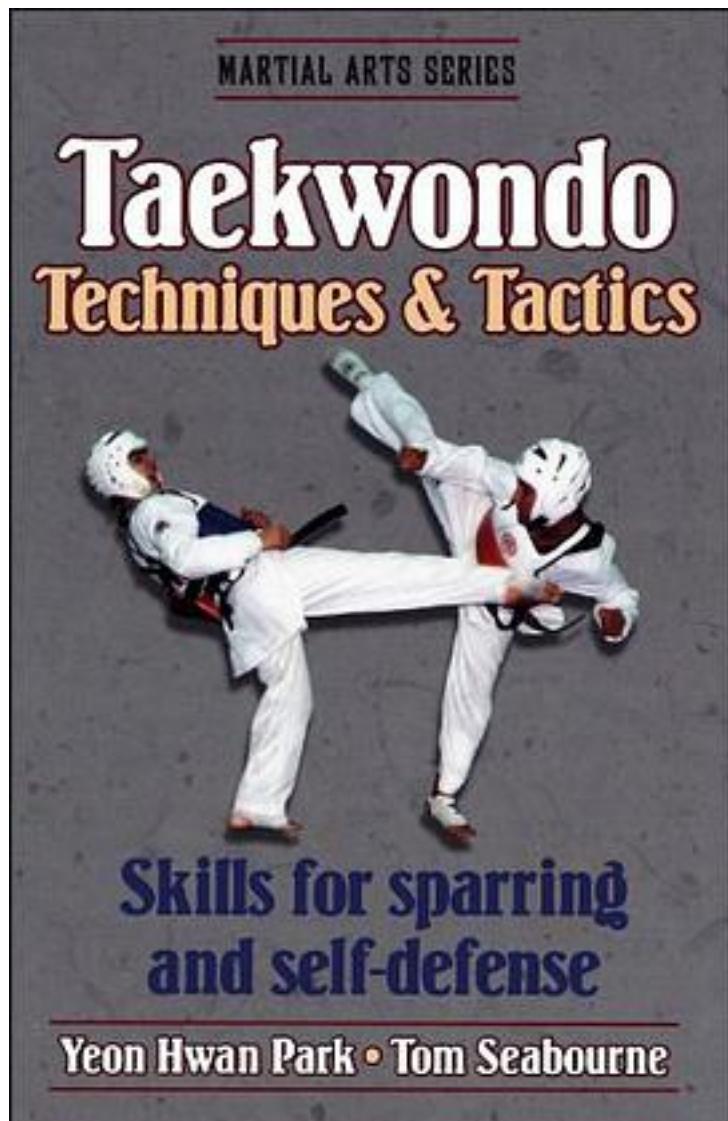


Taekwondo Techniques and Tactics



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著者:Park, Yeon Hwan/ Seabourne, Thomas

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Taekwondo is a Korean martial art practiced all over the world. Its popularity stems from many reasons. Virtually everyone who is involved with this art agrees that it is an outstanding way to improve physical fitness, mental focus, and self-discipline. Children who study taekwondo often exhibit greater motivation and increased self-esteem. Besides these benefits, participants can train for competition and learn effective self-defense techniques. The authors have chosen 38 of taekwondo's most effective breakfalls, stances, strikes, kicks, blocks, and steps. Each of these, singly and in combination, is described and illustrated with clear language and photos. The book serves well as a companion to formal instruction or as a stand-alone text. In "Taekwondo Techniques & Tactics" you'll learn: - the proper way to stretch, - how conditioning will improve your performance, and- foolproof strategies for defeating your opponent in the ring. Novices will have no trouble recognizing how to perform techniques. The chapters on the origins, traditions, and language of taekwondo provide a good introduction to the art, including advice on getting started and choosing an instructor. Experienced students will appreciate the level of detail and the tips for improving their techniques. They'll also appreciate the chapters on tactics, conditioning, and preparing for competition. Sidebars on self-defense point out adaptations for effective street defense, whenever these differ from competition techniques or tactics. Advice on competition and tactics is especially strong since both authors were champion competitors. Seabourne is a two-time Amateur Athletic Union (AAU) and Pan-American champion and a silver medalist in the World Taekwondo Championships. Park is an undefeated former Korean national champion who moved to America to coach the U.S. National Team.

作者介绍:

目录:

[Taekwondo Techniques and Tactics 下载链接1](#)

标签

评论

[Taekwondo Techniques and Tactics 下载链接1](#)

书评

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