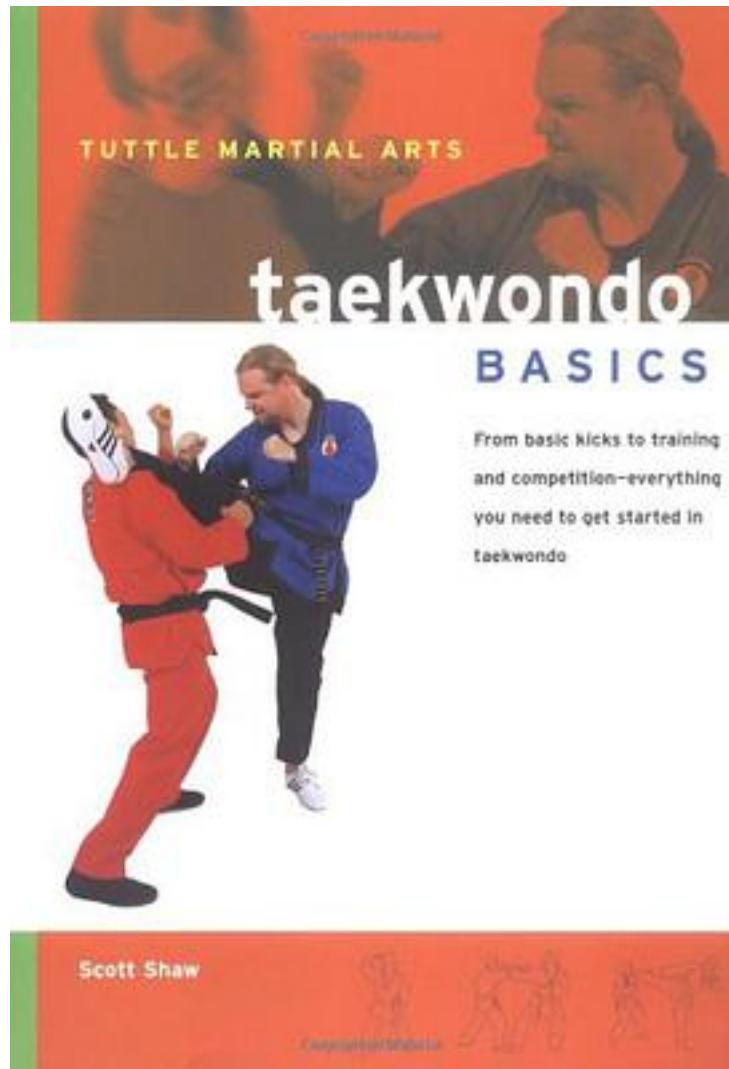


Taekwondo Basics



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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, practising footwork, and more. Drills and practices will allow the reader to immediately apply the lessons.

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