

# Taekwondo



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出版者:Tuttle Pub

出版时间:2003-1

装帧:Pap

isbn:9780804834261

Taekwondo is best described as a non-violent art, a system of total body exercise, and a way of life. Translated, "tae" means foot, "kwon" means fist, and "do" means art -- the Korean art of the foot and fist. Historians have traced the beginnings of this art to over 1,500 years ago in Korea. Today, this fascinating system of self-defense has evolved into an international sport -- now a part of the Olympics. Taekwondo includes physical techniques, mental disciplines, and a deep philosophy. With over 50 million Taekwondo practitioners worldwide, this step-by-step, heavily illustrated introduction has a great deal to offer students of any age or ability range.

作者介绍:

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