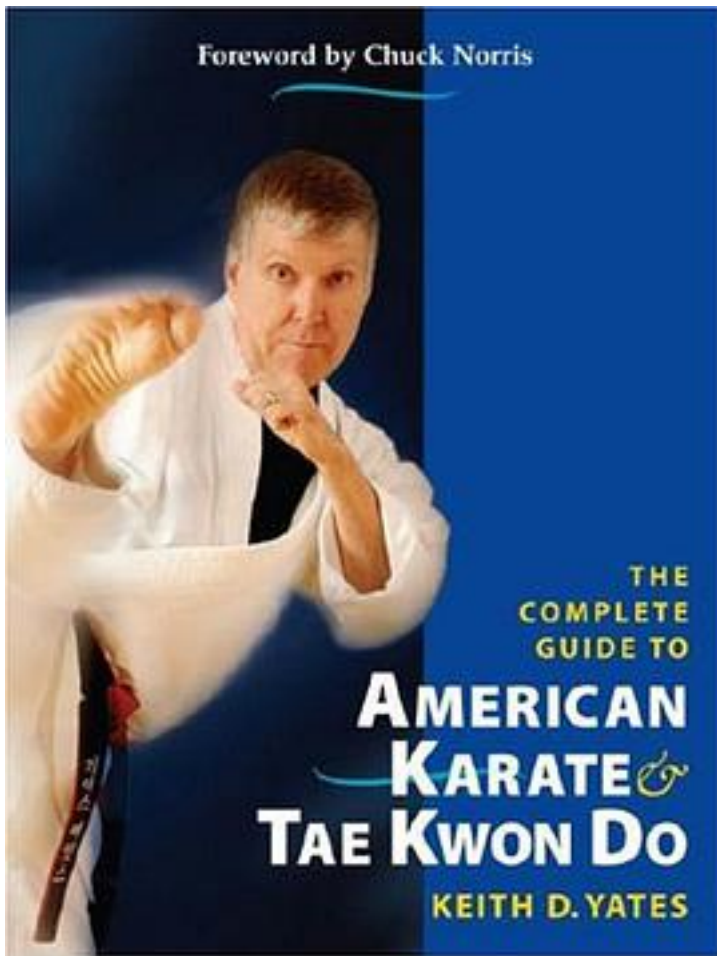


# The Complete Guide to American Karate and Tae Kwan Do



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There are many books on the market that describe the practices of American-style

karate and tae kwon do, but few that also explore the rich history and development of these traditions and the philosophy behind them. A 10th-degree black belt regarded as a pioneer in popularizing these disciplines in the West, Keith D. Yates is in a unique position to expand practitioners' knowledge. Illustrated throughout with black-and-white photos, this book discusses in clear, cogent language the origins of karate and tae kwon do, their philosophical underpinnings, and how they evolved in America. Yates also offers authoritative practical information on such common student concerns as the difference between karate and tae kwon do, the requirements for earning a black belt (and the different kinds of black belts), the best style to learn for self-defense, the significance and effectiveness of forms, and even how to find a legitimate school or instructor. Also featuring inspiring short biographies of some of the most famous figures in American karate, *The Complete Guide to American Karate and Tae Kwon Do* helps students understand both the “how” and the “why” of these vital martial arts traditions.

作者介绍:

目录:

[The Complete Guide to American Karate and Tae Kwan Do\\_下载链接1](#)

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