



Taekwondo: A Step-by-Step Guide to the Korean Art of Self-Defense

Kevin Hornsey

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A step-by-step guide to the Korean martial art of self-defense, combining physical fitness with mental and spiritual training.

The perfect companion to your training sessions, this Taekwondo book is packed with advice and instruction to help you hone your techniques through home practice. From tips on starting out, such as finding a reputable club and what to expect as a beginner, to instruction on the basic techniques, forms, sparring tactics and even 'breaking' methods, you'll find everything you need to help you build strong foundations for your martial arts practice. And you'll also discover the philosophy behind the moves—essential to successful Taekwondo training.

Whether you want to develop physical stamina, achieve a greater sense of discipline and control, focus on your powers of concentration, or learn practical means of self-defense, Master Kevin Hornsey will show you how to follow a fast-track route to proficiency in this fascinating and spectacular art.

Taekwondo: A Step-by-Step Guide to the Korean Art of Self-Defense is a user friendly guide to Taekwondo for beginners and more experienced students that covers up to Black Belt level. Illustrated with step-by-step color photographs, directional arrows and impact points, this book includes: stretching exercises, stances, punches, blocks, kicks, strikes, forms, sparring, self defense, breaking and more.

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