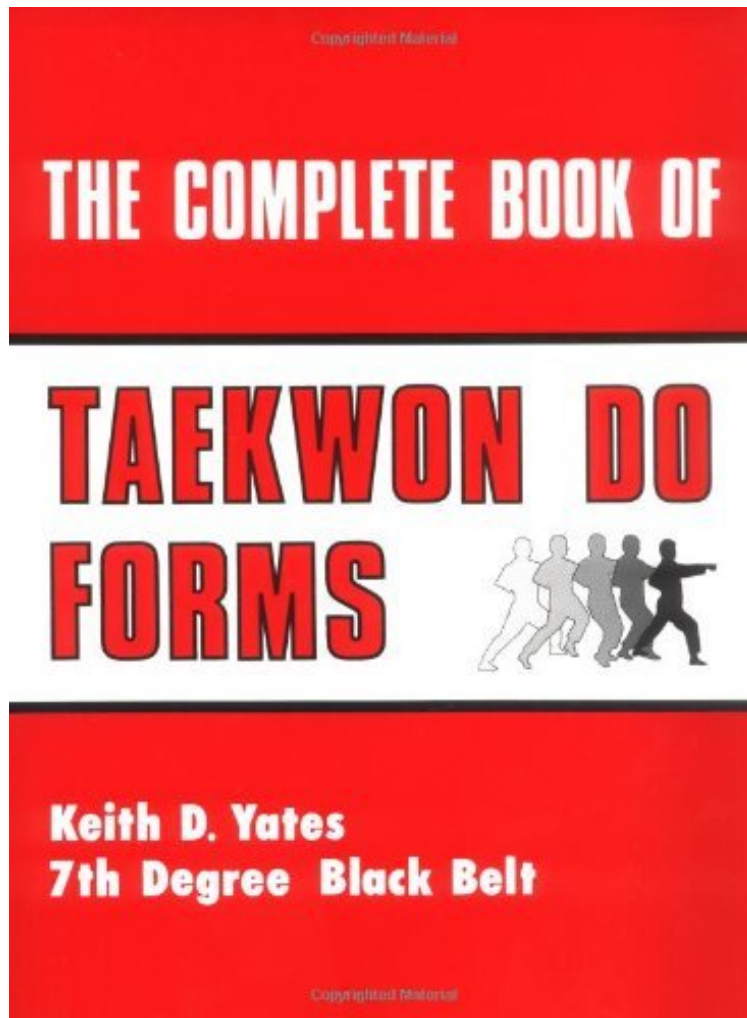


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The Complete Book Of Taekwon Do Forms

Von Keith Yates

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Von Keith Yates : The Complete Book Of Taekwon Do Forms before purchasing it in order to gage whether or not it would be worth my time, and all praised The Complete Book Of Taekwon Do Forms:

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. A Fast Way to Learn FormsVon Arnold HowardThis book is so lavishly illustrated and well organized that the student can learn forms directly from the book. I know because I have used the book to learn a number of them.After you learn a form, have an instructor critique it. Then go home and refine the form further.I own an original edition of "The Complete Book of Taekwondo Forms" and consider it a collector's item. Though I am a black belt myself, I occasionally refer to the book when I am not sure about a particular step.The forms covered are the chungdo kwan

forms (chunji, tangoon, tauson, way hyo, etc.).

Kurzbeschreibung Updated info - including the addition of the 3rd-degree black belt level form, kae-beck - and 42 new photos highlight this brand-new edition of Keith Yates's invaluable taekwon do reference. This volume offers the basics, plus the latest developments in the world of taekwon do, presented in a classy new package. Kurzbeschreibung Updated info - including the addition of the 3rd-degree black belt level form, kae-beck - and 42 new photos highlight this brand-new edition of Keith Yates's invaluable taekwon do reference. This volume offers the basics, plus the latest developments in the world of taekwon do, presented in a classy new package. Synopsis Yates, now a 7th-degree belt, has updated his classic book to include the addition of the 3rd-degree black belt level form, kae-beck, and other developments in the world of taekwon do. But the basics are still here, including white belt fundamentals and in-depth analysis of 14 forms, in a comprehensive, easy to read format and a classy new package.