

Book Description (annotation).. "The best book on taekwon-do since the encyclopaedia"

A first-class, original exposition and instruction manual of martial arts techniques by a well-known expert in the field; incorporating the history and development of taekwon-do, as well as step-by-step instructions supported by over 1600 illustrations. This second, improved edition is a case-laminate hardback, for increased durability during practical use.

From the rear cover..

This groundbreaking first book studies the history and development of the Ch'ang Hon (ITF) Taekwon-do patterns as devised, taught and developed by the founder of Taekwon-do.... For the first time since its inception, this book details realistic interpretations for the ITF patterns... Over 17 chapters covering 360+ pages, with over 1,600 detailed photographs, the patterns are examined, dissected and rebuilt to help both students and instructors understand the applications that are really contained within the Ch'ang Hon patterns - many of which were previously unknown and undocumented. In step-by-step photographic detail, learn what the techniques and combinations of the Ch'ang Hon patterns actually represent and how to turn your patterns into a realistic way of training actual self defence techniques that work, and turn them into something much more than they are practiced today. A historical study of Taekwon-do and its patterns - as well as a training manual and an encyclopaedia of realistic applications - make this book a must-read for all those that study and practice Taekwon-do. *"A milestone for the development of Taekwon-do."*

CheckPoint Press, Dooagh, Achill Island, Westport, Co Mayo, Ireland * Tel: 098 43779 (Intl) 00353 9843779 * Email: editor@checkpointpress.com * Website: www.checkpointpress.com *