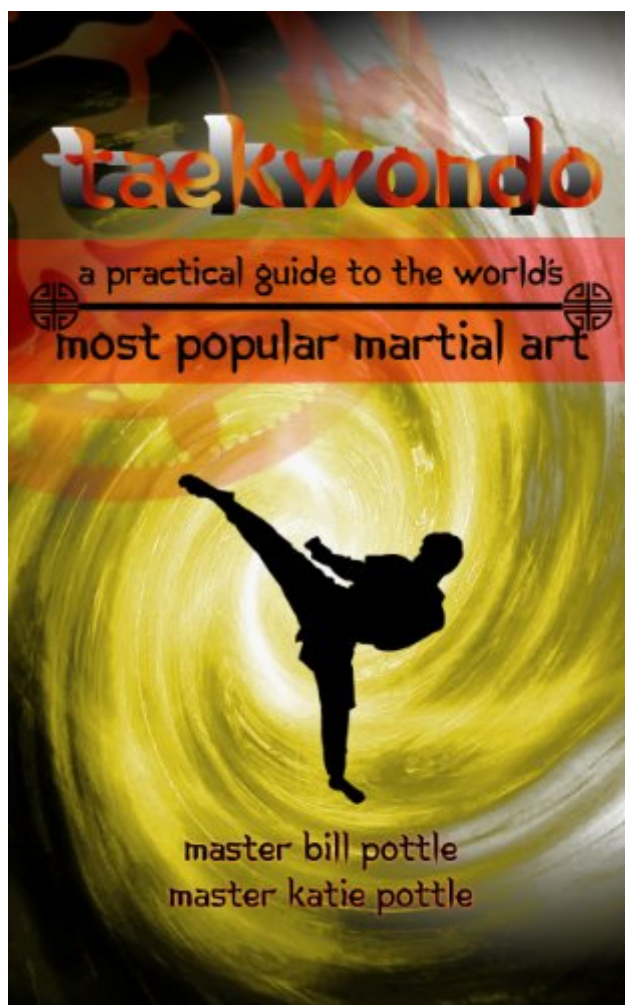


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# Taekwondo: A Practical Guide To The World's Most Popular Martial Art



## Synopsis

Taekwondo: A Practical Guide to the World's Most Popular Martial Art is written by Bill and Katie Pottle, owners of the Korean Academy of Taekwondo in Aurora, CO. Their school has worked with students of all ages and abilities, from 2 year olds to Olympians to senior citizens. The book contains sections on kicks, forms, one steps, history and philosophy, mechanics of board breaking, sport poomsae, pain theory, deceptive motions, tables of chambers, and much more. The book also contains links in the content to detailed videos of all the forms and other techniques.

## Book Information

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## Customer Reviews

First off, 'paramene' is an obsolete word meaning 'very pleasant.' Thusly, this guide written by Master Bill Pottle is a very pleasant read, if not more. There are many guides written for martial artists around the world, most are primarily focused wholeheartedly on just one particular art. Fortunately, this guide was written to be more than just that. It was written with the intent to weave in knowledge and understanding of many arts. It may not delve as deep in each art, but any martial artist can see elements of other arts meticulously woven in. Before learning any form of martial arts or anything in general, one must first know of its origin. Master Bill executes this well in the

organized layout and order of topics he presents to us by briefly yet thoroughly explaining the history of taekwondo, influences that involves other arts, and philosophy. Because there is so much information and thousands of years of knowledge, it is not possible to cover every aspect in detail. However, the brevity and explanation of what is needed to be known in order to understand is done very well here and I personally, enjoyed the historical background. From history on out, Master Bill explains the ranking system, the basic etiquette, and goes into beginner foundations and levels up from there. Reasons for doing one thing as a opposed to a another. Elements of Sun Tzu philosophy can also be heard echoing throughout the guide. There are also diagrams and pictures to aid in learning and comprehension that proves to be very useful and I am very satisfied that Master Bill wrote this guide for visual and non-visual learners.

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