



Taekwondo Basics (Tuttle Martial Arts Basics)

Scott Shaw

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Are you ready to learn taekwondo, but don't know where to begin? Are you intimidated by the unfamiliar terms or the flying kicks? With *Taekwondo Basics* you'll become an expert in this martial art in no time!

With *Taekwondo Basics* you'll learn about:

- **The origins of taekwondo** — philosophy, history, and different branches of the martial art
- **What really happens in a taekwondo class** — invaluable tips on choosing the right school, getting ready for your first class, and basic training methods
- **The essential elements of the style** — stances, blocks, hand and arm strikes, and kicks
- **How to complement your taekwondo training** with other conditioning exercises, such as running and biking
- **Effective ways to improve your technique** through target training, partner training, competitive training, free-sparring, and more
- **Resources** that can help you further develop your knowledge of and training in taekwondo

Whether you're considering taking up this martial art, or you've already started, *Taekwondo Basics* offers an easy, yet comprehensive introduction to taekwondo so that you can feel confident and be successful in your practice.

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