



# Tae Kwon Do: The Indomitable Martial Art of Korea

By Dong Keun Park, Allan Schein

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Straight from a martial arts grandmaster, this manual on tae kwon do gives comprehensive physical and mental guidance for belt levels from white through black. Detailed color photographs reveal the intricacies of each position, offering coverage of essential hand and foot techniques, blocks, and strikes. For competitors, there are complete listings of both Olympic rules and World Tae Kwon Do Federation sparring guidelines. In addition to the practical aspects, the book delves into the philosophy and history of tae kwon do, giving a closer look at the "art" of this martial art. By instilling discipline in students and providing inspiration for instructors, this definitive guide makes a fitting companion for practitioners of all levels.

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**Tae Kwon Do: The Indomitable Martial Art of Korea** By Dong Keun Park, Allan Schein **Bibliography**

- Rank: #650888 in Books
- Brand: Brand: Invisible Cities Press Llc
- Published on: 2006-12-15
- Original language: English
- Number of items: 1
- Dimensions: 10.50" h x .63" w x 8.50" l, 1.67 pounds
- Binding: Paperback
- 276 pages



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"Grandmaster Dong Keun Park is one of the great champions from the early days . . . his knowledge, contributions and dedication to tae kwon do are impeccable. This book is a modern presentation of the highest quality. It presents tae kwon do in the true spirit of our treasured art and sport." —Dr. Chungwon Choue, president, World Tae Kwon Do Federation

"Park is the best model for anyone who wants to be a true martial artist. [T]his book is the culmination of [his] philosophy in the martial art and the way of wisdom . . . simply invaluable to any martial art instructors and students." —Great Grandmaster Chong Woo Lee

#### About the Author

**Dong Keun Park** captained the Korean national tae kwon do team from 1959 to 1966, during which he was undefeated in more than 200 competitions. He also coached the 1992 U.S. Olympic team and the 1993 U.S. World Championship team and was inducted into the Tae Kwon Do Hall of Fame in 1999. He is a ninth-degree black belt grandmaster and teaches and lives in Jersey City, New Jersey. **Allan Schein** is a fifth-degree black belt and martial arts instructor who specializes in breaking techniques and women's self-defense. He lives in Salt Lake City.

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