



Taekwondo: The Essential Introduction

Marc Tedeschi

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The essential introductory text, written by the author of the landmark 896-page book, "Taekwondo: Traditions, Philosophy, Technique."

This is the first introductory text to accurately portray the world's most widely practiced martial art, Taekwondo, in its entirety. Inclusive of virtually all Taekwondo styles, including Olympic-Style, this unprecedented work integrates traditional and modern approaches, sport and self-defense, in a single concise text. Clearly written and expertly designed and photographed by the author of the landmark 896-page *Taekwondo: Traditions, Philosophy, Technique*, this unique book is essential reading for anyone seeking a succinct, unbiased, and accurate overview of Taekwondo's history, philosophy, and techniques.

- Over 530 high-quality photographs and 62 illustrations
- Comprehensive chapters on history and philosophy
- Over 150 techniques, spanning basic skills, sport, and self-defense
- Concise overviews of Olympic-Style sparring and solo forms
- Precise anatomical drawings of 80 common vital targets
- Basic material to guide novices during their initial training
- Essential reading for anyone seeking a concise overview of Taekwondo

Note: The information in this 128-page book comes from material extracted from the author's 896-page work, *Taekwondo: Traditions, Philosophy, Technique*. Readers seeking a comprehensive presentation of Taekwondo should obtain the larger work. View sample pages, read book reviews, or get more information at marctedeschi.com

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The 2003 first-edition is out-of-print

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