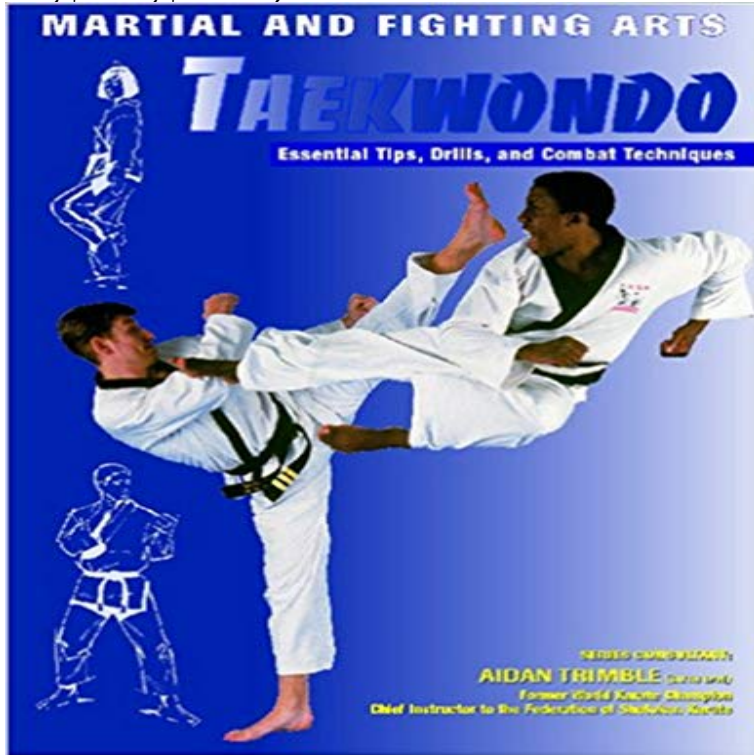


# Taekwondo: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts)



About this book Taekwondo as a sport and martial arts is synonymous with spectacular high-kicking action and incredible feats of destruction. More than any other martial art taekwondo is a feast of dynamic and awe-inspiring moves. Although its roots can be traced back almost 2 000 years taekwondo was only formally recognized in 1955 in Korea. Even though it is relatively new to the history of martial arts it is one of only two martial arts officially recognized as Olympic sports. Taekwondo is primarily a kick-based martial art although it also uses a variety of punches strikes and blocks. What really sets it apart from other arts however is its distinctive set patterns and its emphasis on methods of destruction-breaking bricks boards or tiles with hands feet or elbows.

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