



# TAEKWONDO PATTERNS: From Beginner to Black Belt

*Jim Hogan*

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The martial art of Taekwon-Do was initially developed by the Korean military in the 1950s and spread internationally with the formation of the International Taekwon-Do Federation [ITF] in 1966. Taekwon-Do has continued to develop and it is now one of the most popular martial arts, with some eight million students worldwide and perhaps best known for its spectacular kicking and power demonstrations. However, Taekwon-Do is first and foremost a modern, scientifically based martial art with a vast array of techniques. Core Taekwon-Do techniques are grouped together in twenty-four patterns (tul), each of which is a progressively more complex series of self-defence moves against one or more imaginary opponents, and which must be mastered by students as they advance through the Taekwon-Do grading system. This unique book is specifically designed to help guide Taekwon-Do students through the first nine patterns that take them up to 1st degree black belt grade.

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Exactly why? Because this TAEKWONDO PATTERNS: From Beginner to Black Belt is an unordinary book that the inside of the book waiting for you to snap the item but latter it will surprise you with the secret the item inside. Reading this book beside it was fantastic author who also write the book in such wonderful way makes the content inside of easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any longer or you going to regret it. This unique book will give you a lot of advantages than the other book get such as help improving your ability and your critical thinking method. So , still want to hold off having that book? If I were being you I will go to the book store hurriedly.

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