

Taekwondo

THE ESSENTIAL INTRODUCTION



M A R C T E D E S C H I

*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—along with basic material required by novices during their initial training. 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 traditions, history, philosophy, and techniques.

- Over 530 high-quality photos, 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 83 vital targets
- Basic material to guide novices during their initial training
- Essential reading for anyone seeking a concise overview of Taekwondo

MARC TEDESCHI is an internationally respected designer, photographer, educator, and martial arts master. He has practiced martial arts for more than 30 years, training extensively in Hapkido, Taekwondo, Judo, Jujutsu, and Karate. A prolific writer, Mr. Tedeschi's landmark publications rank with the finest ever produced on the healing and martial arts. He is the author of 11 books, including the 896-page *Taekwondo*, the 1136-page *Hapkido*, *Essential Anatomy For Healing and Martial Arts*, and a unique series of general martial arts texts.


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