

# Taekwondo

COMPLETE WTF FORMS



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

*The most comprehensive book ever written on Taekwondo's most widely practiced forms systems, including those sanctioned by the World Taekwondo Federation: P'algwae, T'aegük, and WTF Black Belt.*

This unique text is the first to offer a detailed, comprehensive presentation of Taekwondo's three most widely practiced forms systems, including those sanctioned by Taekwondo's largest governing organization, the World Taekwondo Federation. More than 5000 photographs and 1200 drawings spanning 512 pages document the 25 individual forms that make up the P'algwae, T'aegük, and WTF Black Belt forms systems.

Detailed introductory chapters provide an overview of Taekwondo's structure, review the historical origins of forms, outline principles of execution and interpretation, and describe the underlying philosophical concepts and meanings associated with each form and form system. In subsequent chapters, each of the 25 forms begins with summary pages for quick reference, followed by a detailed breakdown of each movement, which includes larger photos, descriptive text, alternate views, closeups of complex actions, Korean nomenclature, precise drawings of footwork, pattern diagrams on every page for constant reference, and examples of select movements applied to practical self-defense. Since forms training is intended to be a reflection of actual combat, descriptive text also outlines the combative purpose behind each movement, as well as common alternate interpretations.

While many books on forms have been produced over the years, none offer the level of detail, accuracy, and technical description provided by this text. Written and designed by the author of the 896-page *Taekwondo*—widely acclaimed for its comprehensive integration of traditional and modern approaches, sport and self-defense—this indispensable companion work is the definitive book on WTF forms.

**MARC TEDESCHI** is an internationally respected designer, photographer, educator, and martial arts master. A prolific writer, he is the acclaimed author of eleven books, including the landmark 1136-page *Hapkido*, *Essential Anatomy*, and a unique series of general martial arts books.

  
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An imprint of  
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 300 Massachusetts Ave.  
 Boston, MA 02115 USA  
 866-424-0030  
 617-424-0030  
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 www.shambhala.com

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 512 pages, 8 1/2 x 11  
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 ISBN 0-8348-0544-8  
 US \$75.00 (hardcover)  
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