



Advancing in Tae Kwon Do

Richard Chun

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Finalist - 2006 Book of the Year Award by ForeWord Magazine

Taekwondo is ever increasing. This is apparent in the tens of millions of practitioners worldwide, and by the inclusion of Taekwondo in the summer Olympic Games. With all its popularity, it is paramount that the art be handed down in a clear, knowledgeable, and sustainable way - this book does just that.

Originally published in 1983, this authoritative work has been the guide for thousands of Taekwondo Black Belts as they advanced in their training. Whether your training is for self-defense, forms competition, or for preparation for Olympic Games, this newly revised edition provides beginner/intermediate to advance level training to assist you on your journey in Taekwondo. The most popular part of this book is the Nine black belt forms which are required by the World Taekwondo Federation for promotion in ranking. Additional sections include the history, philosophy, and science of Taekwondo, along with an updated schedule of the official competition rules.

Contents include:

- History
- Philosophy and Meditation
- Hand and Foot Techniques
- Sparring Techniques
- Self-defense Techniques
- Breaking Techniques
- Nine Black Belt Forms
- Eight Taegeuk Forms
- Rules and regulations of the World Taekwondo Federation

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