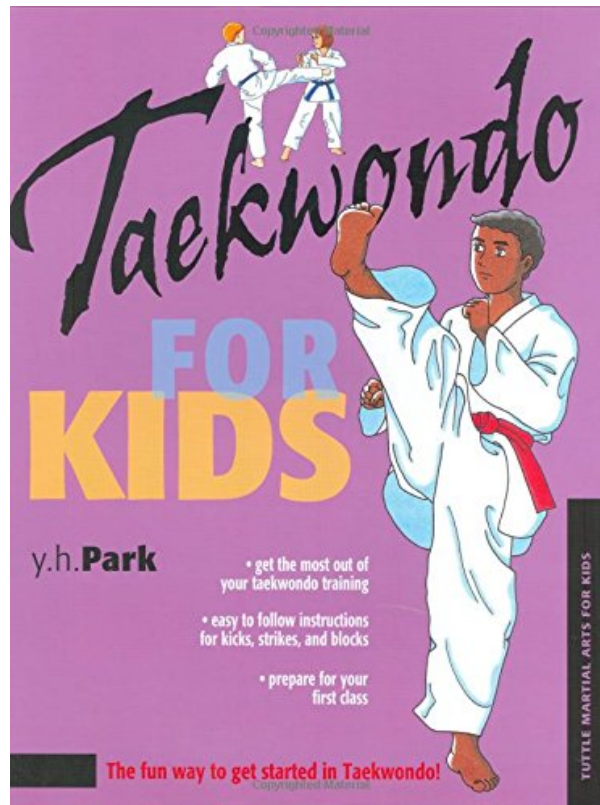
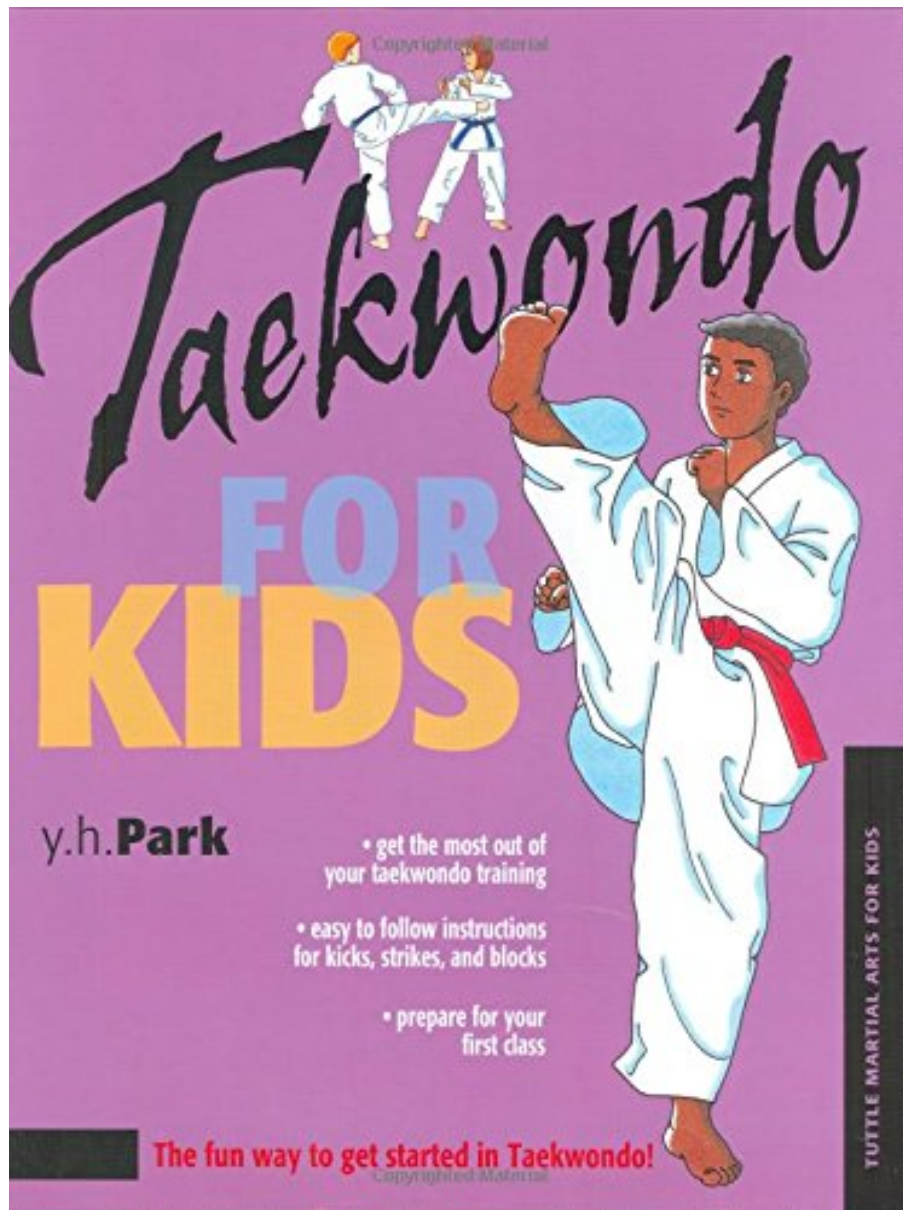


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About the Author

Y.H. Park has won the Korean National Taekwondo Championships seven times, and retired undefeated. In 1988 he was the Coach of the US Olympic Taekwondo Team, which won gold in Seoul. Park is the author of Taekwondo: The Ultimate Reference Guide to the World's Most Popular Martial Art.

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Taekwondo for Kids is a fun and accessible guide to Taekwondo practice.

First time martial arts students are not just starting a program of physical and mental practice. They are entering a new world--one that not only has new rules, new goals, and even new clothing but that also offers them lots of new opportunities for fun and accomplishment.

This martial arts books for kids includes introductions to the history and philosophy of the martial art, what to expect in the first few classes, how to warm up and practice, advice on setting goals, and information on competitions and tournaments.

With over 75 full-color illustrations, including 40 clearly diagrammed Taekwondo exercises, and lots of fun facts and informative sidebars written in kid-friendly jargon-free language, this is the perfect introduction for the younger martial artist.

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- Binding: Hardcover
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About the Author

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Very basic book on TKD

By bluemoon

Very basic starter book. I got this for a 7 yrs old, found out she learned all this details in next few days. Good as a reference when your kids just starting, but don't buy this book for any advance student who is going to TKD classes more than 6 months or any older student. Pictures are helpful for kids to remember instruction - like correct standing position.

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5 of 6 people found the following review helpful.

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By Cilla Louise

To learn all one can about the wonderful art of TKD all resources may be helpful. This book is a good resource for any Martial Artist interested in learning part of where TKD came from and how this art has survived, where it is today, etc., useful information for the TKD Artist of any age. An excellent book to give or read to your budding TKD Artist.

Simple to read and great illustrations. I just like this book!!!

1 of 1 people found the following review helpful.

informative, easy to understand

By Una Cartwright

I got this for my 7 year old. He reads and understands it easily: he will go through a section and then teach me each of the moves-- these lessons are HIS idea, not mine. The pictures make it pretty clear, though sometimes we do go on youtube to understand the movement actions better.

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