



Taekwondo: Complete Itf Patterns

By Marc Tedeschi

Floating World Editions, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. The essential text on Taekwondo s widely practiced ITF patterns, written by the author of the landmark 896-page book, Taekwondo: Traditions, Philosophy, Technique. ----- This informative text provides a detailed summary of the 24 patterns historically associated with the International Taekwondo Federation, which are widely appreciated for their traditional qualities, aesthetic beauty, and technical variety. The patterns presented in this work are those sanctioned by the forms creator, Hong-Hi Choi, at the time of his death. Clearly written and expertly designed and photographed by the author of the landmark 896-page Taekwondo, this book is essential reading for all forms enthusiasts seeking a concise and accurate presentation of the entire ITF forms system. It includes: Over 3000 high-quality photographs and 380 illustrations A concise overview of the historical origins of forms and patterns An outline of general principles of execution and interpretation Underlying philosophical concepts and meanings associated with each individual ITF pattern, as well as other Taekwondo forms systems Detailed presentations for each of the 24 patterns, including alternate views, closeups of complex actions, footwork...



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