



Taekwondo: Defense Against Weapons

Kim Bok Man

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Finalist - 2013 USA Best Books Award

Grandmaster Kim Bok Man is one of the most recognized authorities of taekwondo in the world. He worked tirelessly with General Choi Hong Hi as a founder of taekwondo curricula used today by the many international taekwondo organizations.

Originally published in 1979, this book provides defense techniques taught to military, law enforcement officials, and black belts. Beginners will have a chance to see the application of their training in actual weapon defenses.

Advanced students will learn techniques and fundamental training that has been 'field' tested since the inception of the art in the 1950s.

Chapters include:

- History and the theory of power
- Defense against weapons: knife, baton, pole, sword, bayonet, and pistol
- Sparring: releases, grabs, throwing, falling, free-sparring
- Patterns: Silla pattern 1, Silla pattern 2, Silla knife pattern, and Silla pole pattern
- Training: stretching, calisthenics, action principles, hand & foot techniques, using a heavy bag
- Body parts for attack & defense, stances, vital points for striking

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