



Tae Kwon Do Taegeuk Poomsae (Taekwondo Poomsae series Book 1)

Kyu Hyung Lee, Sang H. Kim

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Tae Kwon Do Taegeuk Poomsae is a complete guide to the Taegeuk Poomsae (forms) of Taekwondo. Grandmasters Kyu Hyung Lee and Sang H. Kim have combined their extensive knowledge of traditional taekwondo forms to teach you not only the 25 official taekwondo poomsae, but the meaning of the forms, the principles of Poomsae performance and the philosophy that underlies the techniques. Each Poomsae is thoroughly illustrated with clear and technically precise photos. The instructional text is supplemented with information about the meaning, movement line and symbol of each of the taekwondo forms as well as the correct execution of each new movement introduced in the form. The following Poomsae are included:

Poomsae Taegeuk Il Jang
Poomsae Taegeuk Ee Jang
Poomsae Taegeuk Sam Jang
Poomsae Taegeuk Sah Jang
Poomsae Taegeuk Oh Jang
Poomsae Taegeuk Yuk Jang
Poomsae Taegeuk Chil Jang
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