



Taekwondo: Winning Ways (Mastering Martial Arts)

Barnaby Chesterman

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For sheer high-kicking, high-flying, gravity-defying action, taekwondo stands out among the martial arts. Inside, read about the development of taekwondo and its important connections to Korea. See how the sport grew to become a regular part of the Olympic Games. And yes, boards will be broken and bricks will be smashed! Taekwondo calls for great skill and focus, but hard work will reward anyone who tries it. Mastering any martial art can take long years of practice, but this book and this series will give you an important first step on a rewarding journey.

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