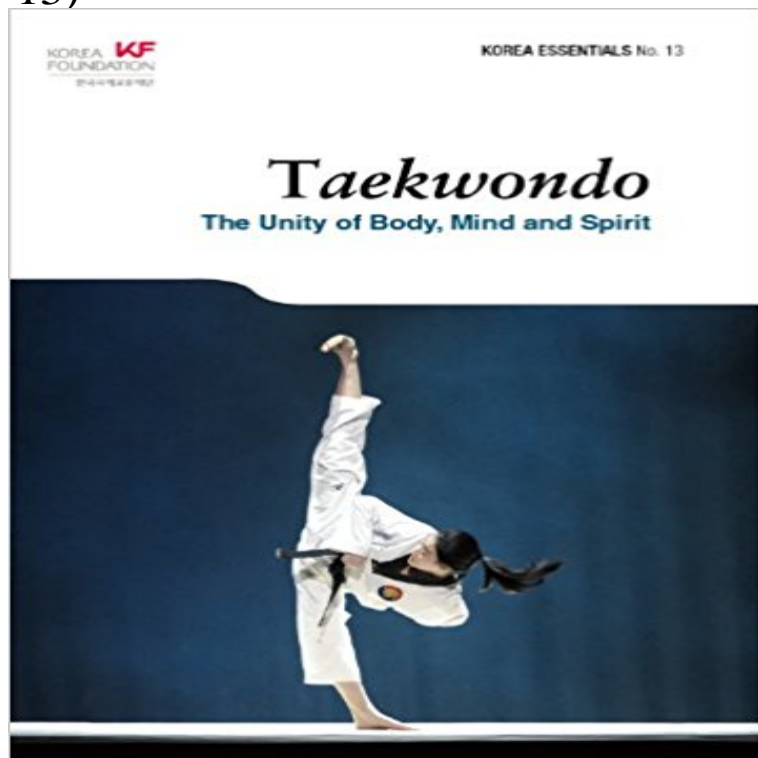


# Taekwondo: The Unity of Body, Mind and Spirit (Korea Essentials Book 13)



Taekwondo, which literally means the way of the hand and foot, is an indigenous Korean tradition and the worlds most popular martial art. This book is an excellent guide for people new to the sport as well as those familiar with the beauty, efficiency and sophistication of taekwondo. The chapters cover topics ranging from taekwondos origins in Korea and the meanings of both the martial art and sport to taekwondos rapid spread worldwide and adoption as an official Olympic event. Anything and everything about taekwondo is jam-packed in this book, which appeals to both the novice and the advanced black belt.

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