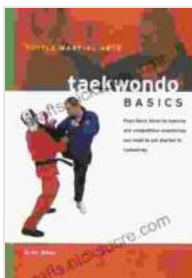


A Comprehensive Guide to Taekwondo: From Basic Kicks to Advanced Training

Taekwondo is a Korean martial art that emphasizes kicking techniques. It is one of the most popular martial arts in the world, with over 70 million practitioners. Taekwondo is a great way to get in shape, learn self-defense, and improve your coordination and balance.



Taekwondo Basics: Everything You Need to Get Started in Taekwondo - from Basic Kicks to Training and Competition (Tuttle Martial Arts Basics) by Scott Shaw

★★★★☆ 4.6 out of 5

Language : English
File size : 3137 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 196 pages



Basic Kicks

There are a number of basic kicks in Taekwondo, including:

- **Front kick:** This is a straight kick that is performed with the front of the foot.
- **Side kick:** This is a kick that is performed with the side of the foot.

- **Roundhouse kick:** This is a kick that is performed with the ball of the foot in a circular motion.
- **Back kick:** This is a kick that is performed with the heel of the foot.
- **Jumping kick:** This is a kick that is performed while jumping in the air.

These are just a few of the basic kicks in Taekwondo. There are many other kicks that can be learned as you progress in your training.

Training

Taekwondo training typically consists of a warm-up, stretching, basic kicks, sparring, and self-defense techniques. A typical Taekwondo class will last for about an hour.

It is important to find a qualified Taekwondo instructor who can teach you the proper techniques. A good instructor will be patient and supportive, and will help you to progress at your own pace.

Benefits of Taekwondo

There are many benefits to practicing Taekwondo, including:

- **Improved fitness:** Taekwondo is a great way to get in shape. It is a full-body workout that will help you to improve your cardiovascular health, strength, and flexibility.
- **Self-defense:** Taekwondo can help you to learn self-defense techniques that can be used to protect yourself and your loved ones.
- **Improved coordination and balance:** Taekwondo requires you to use your whole body in a coordinated way. This can help you to improve

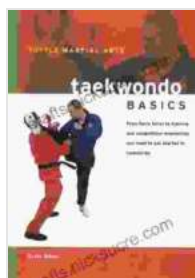
your coordination and balance.

- **Increased confidence:** Learning Taekwondo can help you to build confidence in yourself and your abilities.

Taekwondo is a great martial art that can provide you with a number of benefits. If you are interested in learning Taekwondo, I encourage you to find a qualified instructor and give it a try.

Additional Resources

- World Taekwondo Federation
- USA Taekwondo
- Taekwondo Book

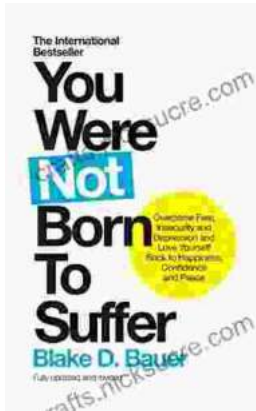


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