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Shin Ho Kwan: Volume One (Paperback)

By Sean Pearson

Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Taekwondo is easily recognized as one of today s most widely practiced martial arts in the world. Now, enhance your practice with this incredible new resource. Shin Ho Kwan Volume One is a complete sourcebook on the martial art of Shin Ho Kwan Taekwondo. Meticulously compiled by Master S. Pearson after years of research and dedication, this work stands apart from other Taekwondo manuals. In addition to the standard forms acknowledged by the World Taekwondo Federation this volume also delves deeply into numerous techniques; including kicks, strikes, joint locks, and throws that distinguishes Shin Ho Kwan Taekwondo and elevates it from sport to art. This stunning book is a must have for all practitioners of martial arts, particularly those students of Taekwondo, regardless of with which association he or she is affiliated.

Reviews

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