



## Blood, Sweat Taekwondo: The Gold Medal Training Encyclopedia (Paperback)

By Roshan Bharwaney

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Blood, Sweat Taekwondo: The Gold Medal Training Encyclopedia is full of training drills and principles followed by elite coaches and athletes. I have collected, developed, and catalogued the best Taekwondo training from elite coaches and athletes from over 10 countries in my 15 years of training and teaching Taekwondo. This book aims to complement your current Taekwondo training or act as your Taekwondo teacher if you are a student of other martial arts. If you are a teacher, you can incorporate ideas from this book in your classes. It is not a book for beginners, though ambitious beginners with gold medal aspirations are welcome to follow the training! The book is divided into sections in sparring, forms, breaking, general training, and knowledge. Incorporating any of the hundreds of exercises and principles will help you evolve into a better martial artist. Some of the training drills described are very challenging, while some are tremendous fun. In today's highly competitive tournament scene, the difference between winning and losing can come down to the smallest of margins. This book will give you...



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