



Taekwondo Kyorugi: Olympic Style Sparring

Sang H. Kim, Kyung M. Lee, Kuk H. Chung

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Taekwondo Kyorugi is the authority on taekwondo sparring. Written by Korean Olympic Gold Medalist Kuk Hyun Chung, WTF Deputy-Secretary General Kyung Myung Lee and Renowned Martial Arts Author Sang H. Kim, it is a direct translation of the original Korean text. Learn the skills, drills, strategies and methods used by Korean coaches and competitors for years. Footwork, kicks, hand target drills, heavy bag workouts, coaching, combinations, strategy, professional training, opponent analysis, conditioning, weight control, competition tips, official Olympic rules, scientific analysis of scoring, & more! 120 photos

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