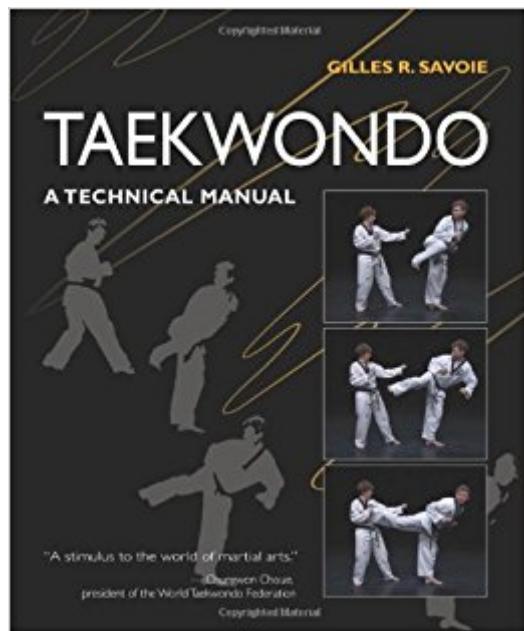


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# Taekwondo: A Technical Manual



## Synopsis

In Taekwondo: A Technical Manual, renowned Master Gilles Savoie presents the art and science of the popular martial art, showing practitioners how to optimize both body and spirit. While other taekwondo books simply document traditional forms and exercises, this one goes further, providing an in-depth look at the body mechanics and physics of taekwondo movements. Armed with this information, says Master Savoie, the practitioner can improve control, optimize speed, increase power, and maintain balance. The book details the author's innovative "hip propell" technique, designed to utilize the parts of the body as a four-lever system able to efficiently displace weight and create force. Taekwondo: A Technical Manual not only teaches optimal taekwondo technique but emphasizes visualization, balance, and overall well-being to enhance athletic abilities, fusing the physical and philosophical components of the art. Also included is an introduction to reflexology theory, teaching basic techniques to help taekwondo practitioners relax and self-treat common muscle aches and pains. Seventy black-and-white photographs and diagrams illustrate each of the movements and techniques described.

## Book Information

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## Customer Reviews

"This book is an incentive to all taekwondo practitioners to progress in their mental and physical practice. For those with an interest in taekwondo, this book can be considered a stimulus to the world of martial arts." Chungwon Choue, President of the World Taekwondo

Master Savoie is clearly committed to the highest taekwondo principles and philosophy. His passion for taekwondo and his commitment to its traditions are the marks of a

distinguished and dedicated martial artist and master. "Grandmaster Kee Ha, President of the Taekwondo Association of Canada

Master Gilles R. Savoie began martial arts training at the age of nine. A seventh-dan black belt in taekwondo, he conducts seminars and presentations on the biomechanics of the sport. He is the technical director of the taekwondo association in Québec, where he lives. Dr. Chungwon Choue is the president of the World Taekwondo Federation. Grandmaster Kee S. Ha is the president of the Taekwondo Association of Canada.

Good technical book. Would have liked better if there were step by step photo's of all the forms.

Matching this book with what I've learned.

This book is well made and really helpful for those who want to gain a better understanding of the technical aspect or to maximise their potential in order to do a lot of competition. Who can go wrong with this book when Chungwon Choue President of the World Taekwondo federation has praised it!!! This book also covers reflexology, nutrition and a lot more.

Great book, Smooth transaction

very cool and interesting manual.

Found very informative

Good book. It not only taught me basic taekwondo skills, but also inspired some sweet dance moves.

I went through this book, I have studied Taekwondo in Malaysia when General Choi was the Korean Ambassador to Malaysia and that's where Taekwondo was actually evolved. I have studied under two Korean masters and two a 9th degree Grandmaster in the US, and a 7th degree master. They have never taught the "hip-toggle" which I think is a bunch of BS. Just a new phrase to make money from book sale.

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