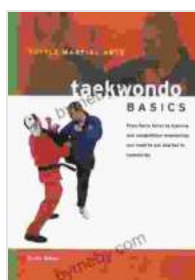


# Everything You Need To Get Started In Taekwondo From Basic Kicks To Training

Taekwondo is a martial art that originated in Korea. It is a dynamic and powerful form of self-defense that can be enjoyed by people of all ages and fitness levels. Taekwondo is based on the principles of self-discipline, respect, and perseverance. It teaches students how to defend themselves against attackers, as well as how to develop their physical and mental strength.

If you are interested in learning Taekwondo, this book is the perfect place to start. It will teach you everything you need to know, from the basic kicks to the advanced training techniques.

The first step in learning Taekwondo is to master the basic kicks. These kicks are the foundation of all Taekwondo techniques. They are used to attack opponents, defend against attacks, and control the distance between you and your opponent.



## 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



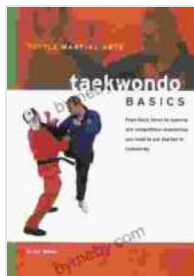
There are four basic kicks in Taekwondo:

- **Front kick:** This kick is delivered with the ball of the foot and is used to strike opponents in the head or body.
- **Side kick:** This kick is delivered with the side of the foot and is used to strike opponents in the head or side of the body.
- **Roundhouse kick:** This kick is delivered with the heel and is used to strike opponents in the head or body.
- **Back kick:** This kick is delivered with the heel and is used to strike opponents in the back of the head or body.

Once you have mastered the basic kicks, you can begin to learn the more advanced training techniques. These techniques include:

- **Combinations:** Combinations are sequences of two or more kicks that are delivered in a fluid motion. They are used to attack opponents from different angles and to keep them off balance.
- **Forms:** Forms are pre-arranged sequences of kicks, punches, and blocks. They are used to develop your technique, your balance, and your endurance.
- **Sparring:** Sparring is a controlled form of fighting that allows you to practice your techniques against a live opponent. It is a great way to improve your skills and to test your progress.

Taekwondo is a rewarding martial art that can teach you self-defense, discipline, and respect. If you are interested in learning Taekwondo, this book is the perfect place to start. It will teach you everything you need to know, from the basic kicks to the advanced training techniques.



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