

Authentic Tang Soo Do: The Traditional Martial Art of Korea

By Chun Sik Kim



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Never before has such a concise yet comprehensive book been written on the traditional Martial Art of Tang Soo Do. This original Korean Martial Art has taken over 2000 years to become popular world-wide. You will find that the graphical illustrations, as well as the descriptions and informational presentations, are exciting and of the best quality available. Traditional Tang Soo Do practice improves health and physical fitness due to its strong emphasis on maximizing the cardiovascular and respiratory systems of the practitioner. Continued practice assists in the development of improved muscle strengths and visible differences in muscle tone. Learn about Authentic Tang Soo Do (Korean Karate) from internationally known and respected authority, Grandmaster Chun Sik Kim. Grandmaster Kim is known for his dynamic technique, as well as his knowledge of Tang Soo Do. This book will make it possible for you to benefit from his teachings and instruction



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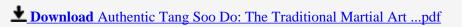
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