



Complete Tang Soo Do Manual, from White Belt to Black Belt, Vol. 1

Lukas Martisius, John Dorsey

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The Best Illustrated Manual on the Korean Art of Tang Soo Do (Moo Duk Kwan). Over 1500 pictures, 240 pages and 35 years of heart and soul are in this book. Explanation of each hyung (form) and its characteristics, detailed step by step illustrations with feet diagrams, different angle shots and transitional pictures. Forms, One-Step Sparring, Self Defense, Breaking and Free Sparring for each belt requirement. Exclusive applications pictures for all forms. Plyometrics (jumping) exercises are included to help you develop power and explosiveness into your techniques. It's a definite guide for every Martial Artist.

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