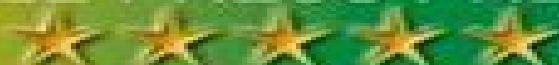


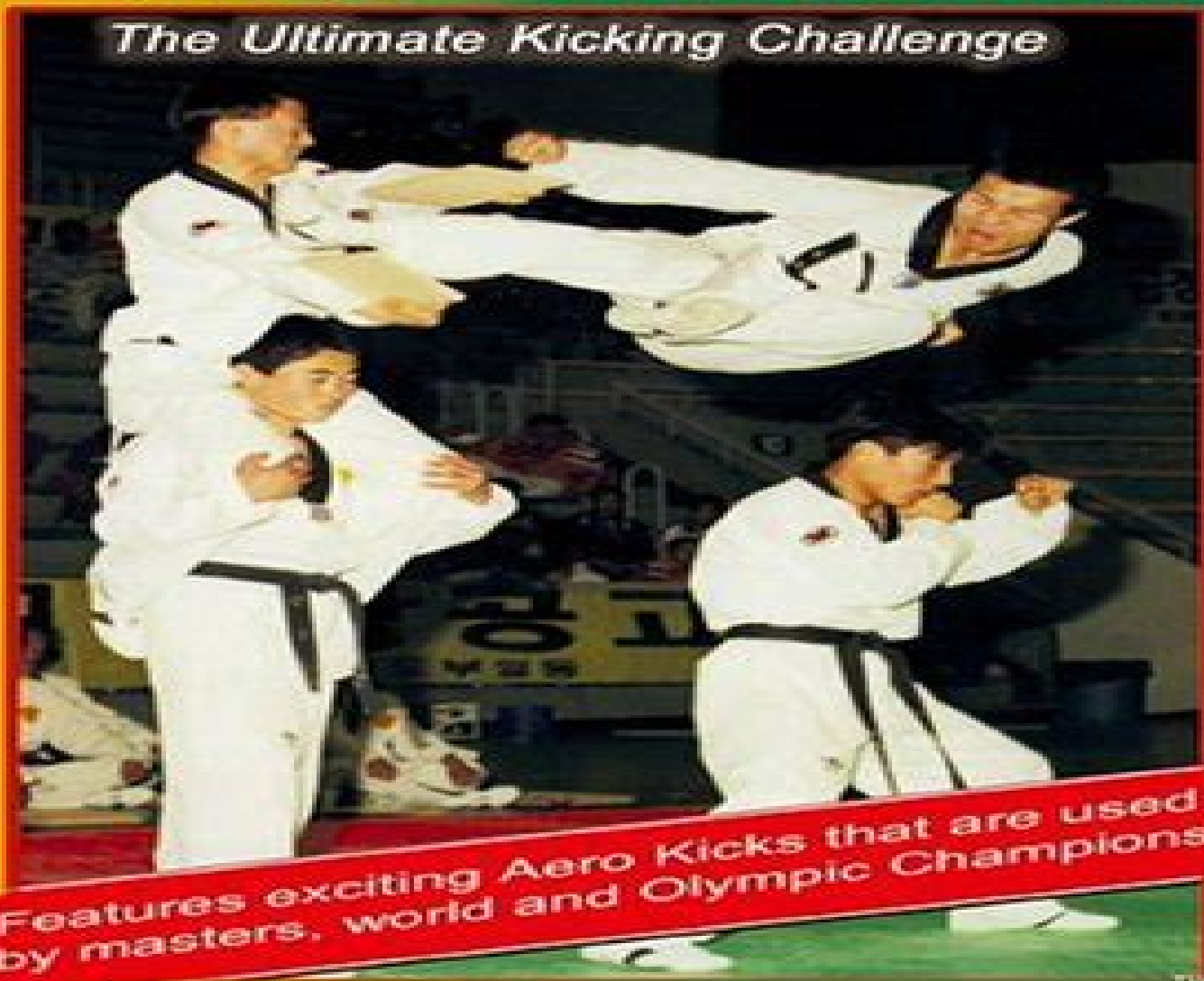


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E Durkheim

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Taekwondo Self-Defense Sang H. Kim, 2009 Sang H Kim adapts traditional Taekwondo skills for the modern day Taekwondo classroom The self defence techniques presented blend Taekwondo kicking blocking and striking skills with locks throws and takedowns drawn from other Korean self defence arts Learn how to use your Taekwondo skills to defend against a wide variety of common empty hand attacks including holds locks chokes punches kicks and pins Plus learn defences against an attacker wielding a blunt weapon knife or gun Each defensive scenario is illustrated with high quality photographs and explained in step by step detail that includes key points to successfully applying advanced techniques multiple ways of defending against the most common attacks and alternative responses to help you prepare for the fluid reality of a real life self defence situation Features defences against Strikes Punches Arm Locks Wrist Wrist Locks Bear Hugs Kicks Tackling Ground Pins Choking Headlocks Club Gun Attacks Knife Attacks *Complete Kicking* Sang H. Kim, 2009 This is a comprehensive guide to the kicks of Taekwondo from white belt to black belt and beyond Sang H Kim shares his expert knowledge of fundamental jumping spinning and multiple kicks You will get in depth instruction for over 40 kicks including the purpose of the kick key points to pay attention to when practising step by step execution of the kick the best targets for each kick applications for sport fighting and self defence plus the most common kicking mistakes and how to fix them As you progress you ll also learn exercises designed to improve your kicking flexibility power speed and balance This book goes beyond the basics and explains the concepts behind awesome kicks including how to generate power using your whole body in every kick how to generate maximum impact how to use body mechanics to kick higher and how to get the most out of every practice session This is the ultimate reference for martial artists of all styles who want to master the art of kicking Kicks included Front Kick Roundhouse Kick Side Kick Knee Kick Raising Kick Outside Crescent Kick Inside Crescent Kick Axe Kick Whip Kick Twist Kick Pushing Kick Flying Side Kick Back Kick Turn Kick Spin Whip Kick Hopping Kicks Jumping Kicks Jumping Spin Kicks Multiple Kicks Combination Kicks *Black Belt* , 2001-06 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world *Black Belt* , 1999-03 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world *Black Belt* , 1999-07 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the

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Breathing Sang H. Kim,2008 Revitalize Your Energy with Power Breathing Martial arts expert and Power Breathing for Life creator Sang H Kim teaches you breathing exercises that you can do anywhere in as little as sixty seconds to relieve stress increase your fitness level and feel better instantly New to breathing exercises Start with Gentle Breathing a simple way to reconnect with your body and begin your journey toward renewed energy When you re ready the core Power Breathing exercises of Steady Staccato and Explosive breathing combine to create a total body energizing workout that will leave you

feeling refreshed and revitalized Finally give attention to problem areas with Healing Breathing ten exercises to release tension and promote flexibility through controlled breathing Beyond the exercises and workouts this book also explains how and why Power Breathing works and how you can get the most out of your breathing practice It includes variations to make the exercises less strenuous or more challenging depending on your fitness level and walks you step by step through each breathing method using photos illustrations and easy to understand instructions Learn the keys to a successful Power Breathing workout including the unique concept of condensing that is the secret to building inner power and harnessing your body s core energy Power Breathing is an excellent way of improving lung capacity strengthening the core muscles of the torso increasing stamina reducing stress and channeling inner energy Its principles can be applied to martial arts training yoga tai chi and many aerobic sports

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