



# Korean Karate: Free Fighting Techniques

*Sihak Henry Cho*

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# Korean Karate: Free Fighting Techniques

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**Korean Karate: Free Fighting Techniques** Sihak Henry Cho

**Master Korean Karate, also called Tae-Kwon Do, with this expert martial arts guide.**

This book is one of the first of its kind on Tae-Kwon Do (Korean Karate). Karate practitioners who recognize this to be the only work to cover Free Fighting techniques recognize this as a vital resource

Illustrated with nearly 1,000 photographs, the systematic and scientific approach of the application of each karate move in Free Style Fighting with WHEN, WHERE, WHY, and HOW should help karate competitors everywhere design and master their moves to suit them best in competition matches.

In this martial arts book, the pin-point explanation of the advantages and disadvantages of each move, analyzed step by step from many different offensive, defensive, and counterattacking angles, can also guide readers to manage with it to be adjustable to the individualistic tastes and characteristics of any karate style, regardless of their differences.

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