



Taekwondo Kids: From White Belt to Yellow/Green Belt

Wolfgang Rumpf, Dornemann, Rumpf

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This volume is a practical guide to the Korean martial art of Taekwondo written specifically for children and young adults. It serves as both an introduction to the sport and as an accessory to organized training. With easy-to-understand instructions and excellent Manga-style illustrations, "Taekwondo Kids" will help all abilities progress through the various stages of knowledge and technique training to achieve advancement to the next belt grade. It is a must-have volume for all kids and young adults with an interest in this growing martial art.

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