



Taekwondo: A Practical Guide to the World's Most Popular Martial Art

Bill Pottle, Katie Pottle

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Taekwondo: A Practical Guide to the World's Most Popular Martial Art is written by Bill and Katie Pottle, owners of the Korean Academy of Taekwondo in Aurora, CO.

Their school has worked with students of all ages and abilities, from 2 year olds to Olympians to senior citizens.

The book contains sections on kicks, forms, one steps, history and philosophy, mechanics of board breaking, sport poomsae, pain theory, deceptive motions, tables of chambers, and much more.

The book also contains links in the content to detailed videos of all the forms and other techniques.

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