

# The Fundamental of Taekwondo

Dr. Ravindra Dattatraya Shirke



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**PRINCIPAL**  
**SAVITRIBAI COLLEGE OF ARTS**  
Pimpalgaon PISA, Tal. Shrigonda,  
Dist. Ahmednagar

# THE FUNDAMENTALS OF TAEKWONDO

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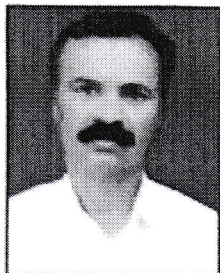
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## About the Author



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## About the Book

Taekwondo is a combative contact sport and so the competitors wear body, head and shin protectors, as well as mouth guards, gloves and a groin guard, to protect themselves from injury. Yet this doesn't mean the sport is an undisciplined free-for-all. The participants need to be highly disciplined and prepared to develop both their bodies and their minds.

The present book Taekwondo discusses all the important aspects of history of taekwondo and its related fields. The texts are written in simple colloquial English keeping in mind the language difficulty of the students of taekwondo. This book is intended for use as a text for students of taekwondo and sports sciences.

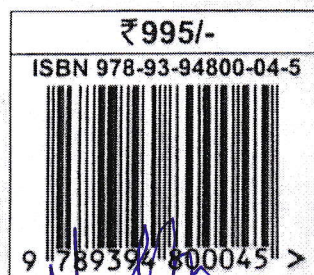
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