

Complete Taekwondo Poomsae: The Official Taegeuk, Palgwae and Black Belt Forms of Taekwondo

By Sang H. Kim, Kyu Hyung Lee

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Complete Taekwondo Poomsae is the most complete reference book available on the Taegeuk, Palgwae and Black Belt Poomsae of WTF style Taekwondo. Grandmasters Kyu Hung Lee and Sang H. Kim have combined their extensive taekwondo knowledge to teach you not only the 25 official taekwondo poomsae, but the meaning of the forms, the principles of Poomsae performance and the philosophy that underlies the techniques. Each Poomsae is thoroughly illustrated with clear and technically precise photos. The instructional text is supplemented with information about the meaning, movement line and symbol of each form as well as the correct execution of each new movement introduced in the form. In addition to the 25 official Poomsae, the authors explain Poomsae theory and principles to help you understand the underlying concepts of Poomsae practice. Topics covered include: characteristics of poomsae, 13 fundamental taekwondo techniques, stance, vital targets, bodily wapons, structural principles of poomsae, poomsae creating, movement principles, performance tips, mastery, terminology, origin of Taegeuk and Palgwae, meaning of the trigrams, and complete Korean and English poomsae terminology. Much of this information has never before been translated into English. The following Poomsae are included: Poomsae Taegeuk Il Jang Poomsae Taegeuk Ee Jang Poomsae Taegeuk Sam Jang Poomsae Taegeuk Sah Jang Poomsae Taegeuk Oh Jang Poomsae Taegeuk Yuk Jang Poomsae Taegeuk Chil Jang Poomsae Taegeuk Pal Jang Poomsae Palgwae Il Jang Poomsae Palgwae Ee Jang Poomsae Palgwae Sam Jang Poomsae Palgwae Sah Jang Poomsae Palgwae Oh Jang Poomsae Palgwae Yuk Jang Poomsae Palgwae Chil Jang Poomsae Palgwae Pal Jang Poomsae Koryo Poomsae Keumgang Poomsae Taebaek Poomsae Pyongwon Poomsae Sipjin Poomsae Jitae Poomsae Cheonkwon Poomsae Hansoo Poomse Ilyeo

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Editorial Review

About the Author

Sang H. Kim is an internationally respected author of 20 martial arts books, including the widely acclaimed Vital Point Strikes and the classics Ultimate Flexibility, Ultimate Fitness through Martial Arts, Martial Arts After 40, Combat Strategy and Teaching Martial Arts. His new book Mindful Movement: Mastering Your Hidden Energy is available at Amazon.com.

He has also created over 200 instructional video programs including Self-defense Encyclopedia, Knife-defense, Power Breathing, Junsado Training Series, and Complete Taekwondo Series. They are available through Amazon Instant Video.

He won the 1976 Korean National Championship and was named Instructor of the Year by the Korean government in 1983. As a special agent during his military service, he developed tactical combat methods for hand-to-hand and hand-to-weapon combat for covert operatives.

Sang H. Kim is the originator of MBX-12, mindful movement and deep breathing exercises, and found it clinically effective in managing stress. His research results were published in the July 2013 issue of the Journal of Clinical Endocrinology and Metabolism, and featured in CBS News, Huffington Post, Fox News, and others.

Dr. Kim has a PhD in Exercise Science, and had training as a Postdoctoral research fellow at the National Institutes of Health. He also had additional training at the National Cancer Institute and the Institute of Lifestyle Medicine of Harvard Medical School.

Dr. Kim frequently travels across North America, Europe, and Asia presenting seminars and speeches. He currently resides in the Washington, D.C. Metro area with his wife, Cynthia. He blogs at OneMindOneBreath.com.

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Ray Nicolas:

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