



TaeKwonDo - White to Black Belt:: Your Ultimate Grading and Reference Summary Guide (TAGB, ITF Tae Kwon Do, Martial Arts)

Phil Pierce

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This expert TaeKwonDo guide has been compiled to help you improve your training, blast through the belts, and pass each grade at the highest mark!

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- White to Black Belt Training
- How to develop Speed and Strength
- Grading requirements at each level
- Essential Code of Conduct and Top Tips
- Theory + meanings
- Practical and floor work requirements
- Korean terminology
- Patterns - step-by-step written guide
- Easy to follow
- + Free Bonus Book

and more!

"An expert, easy-to-use guide with the facts you need to Ace your next grade!"

For ITF styles TAGB, GTUK and many more!

This book has been developed with the input of Instructors, Referees, and high level black belts with a combined experience of over 100 years. All designed to answer the most common questions and make it easy for you to improve your training and reach for Black Belt when you are ready.

You know what its like. You are at a grading, the pressure is on, your pulse is racing and everyone is watching. You start to wish you had spent that bit more time revising, that bit more time practicing...

...Well heres the answer! helping you take away those nerves and have rock solid confidence each and every grading!...

Make the most of your training.

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*Please note all Martial Arts training is subject to instructors discretion and content may vary by area. This book is a summary guide only and no substitute for in-class learning.



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