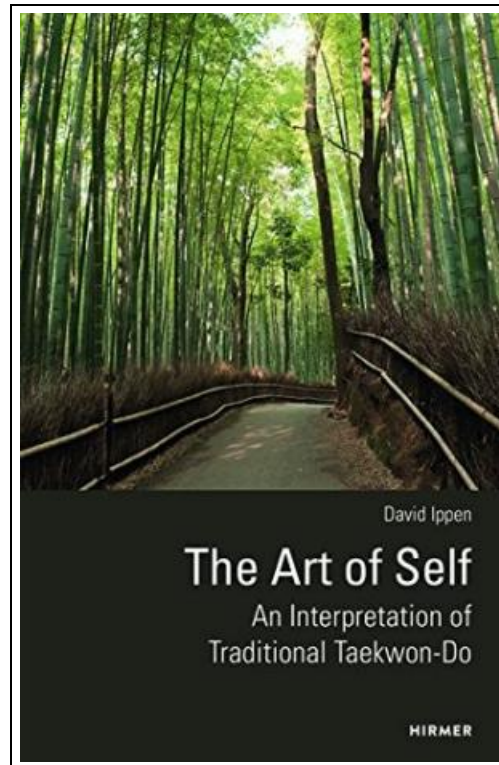


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THE ART OF SELF: AN INTERPRETATION OF TRADITIONAL TAEKWON-DO



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Hirmer Verlag. Paperback. Condition: new. BRAND NEW, The Art of Self: An Interpretation of Traditional Taekwon-Do, David Ippen, The Art of Self is an interpretation of the philosophy of Traditional Taekwon-Do. It elucidates the different aspects of Taekwon-Do practice and its impact on body, mind, and spirit. It gives access to the moral and philosophical principles of this art to both the practitioner and non-practitioners alike. This book shows, by using Taekwon-Do as an example, how one can achieve a harmonious, aware, empowered, and peaceful state of being. Grandmast David Ippen was born and raised in Germany. He studied Philosophy in Munich, Germany and is a licensed Physiotherapist. He has been studying traditional Taekwon-Do since 1990 and currently holds the rank of 5th Dan. He has been teaching Taekwon-Do since 1995. In February 2009 he opened the Traditional Taekwon-Do Center Honolulu. His Dojang (school) focuses exclusively on teaching traditional Taekwon-Do. In addition to his martial arts training, GM Ippen studied Kahuna Bodywork under Kahuna Abraham Kawaii and Hookahi Hooulu. This style of bodywork are principles based on Hawaiian martial arts. He has extensive training in the recognition of and balancing of energies in people, land, building structures, and generating Mana.



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