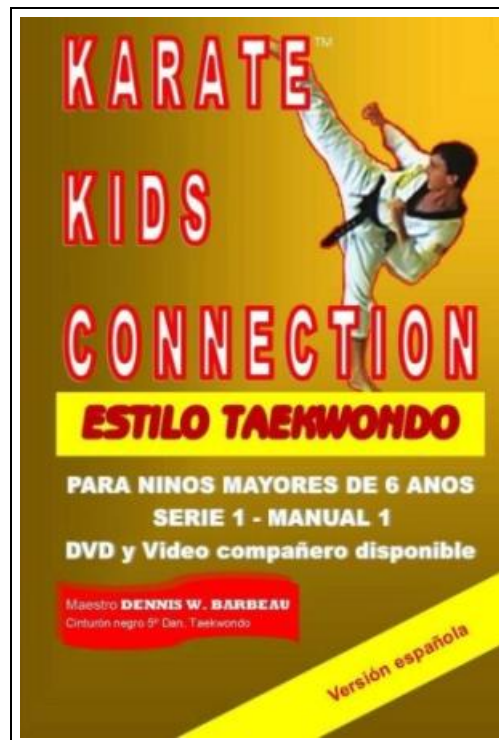


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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: Spanish . Brand New Book ***** Print on Demand *****.Este primer DVD, video y el manual de entrenamiento N 1 se centran en los conceptos basicos del arte marcial coreano llamado TAEKWONDO. Nos complace presentar el primer video y manual de entrenamiento de diversos programas planificados para ninios y adultos. Los manuales son de facil lectura y adecuados para la edad, y muestran instrucciones paso a paso tanto en ingles como en espanol (tenemos planeado anadir mas idiomas). Este manual de entrenamiento y su correspondiente video son los primeros de una serie de programas que te ayudaran a entender como practicar Taekwondo. Muestran los conceptos basicos para comenzar con esta disciplina. Los manuales pueden utilizarse solos, pero son mas utiles cuando se usan como guia mientras se mira el video de KARATE KIDS CONNECTION correspondiente. En este primer video del programa vamos a utilizar nuestro tiempo para mirar algunos conceptos basicos, tales como la forma correcta de cerrar el puno, algunas posturas para defenderse y la patada giratoria, una de las mas utilizadas en el TKD. Hay varias posturas que ellos utilizan para practicar TKD, las cuales se llaman POSICIONES. Aprenderas estas posiciones en DVD con este manual. En este video tambien te presentamos las tecnicas de defensa llamadas tecnicas de combate de un solo paso. Cada autodefensa normalmente comienza con una tecnica de bloqueo seguida de un golpe de puno o patada. Hay varios golpes que pueden utilizarse: un punetazo, mano de cuchillo, mano de lanza, codazo, reverso del puno, etc. Los ejercicios de bloqueo son muy importantes para proteger tu cuerpo de un golpe o una patada, o para prevenir que te golpeen con un arma (palo, bate, etc.) y te provoquen heridas. Las formas (llamadas poomsae...

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