

(Mobile ebook) Dynamic Taekwondo (225 photographs showing clearly represented courses of motions)
(English Edition)

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Von Jrg Buchowski

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Jörg Buchowski

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Von Jrg Buchowski : Dynamic Taekwondo (225 photographs showing clearly represented courses of motions)
(English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised
Dynamic Taekwondo (225 photographs showing clearly represented courses of motions) (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Very informative bookVon Jrg KloseThe book "dynamic taekwondo" is a great help for our son, who has started with martial arts, taekwondo. The courses of motions are easy to follow, because they are not only described, but also shown by photographs.1 von 1 Kunden fanden die folgende Rezension hilfreich. lots of pictures,great bookVon eddy schuurmanlots of techniques explained with a lot of step by step pictures. Nice book, buy it if you want to improve your taekwondo skills.

KurzbeschreibungThis book is supposed to be a help for the beginner, as well as for the instructor. That is why all topics are described shortly and to the point. Different stretching methods, such as active and passive stretching are explained and demonstrated for a better understanding by means of pictures. This book is supposed to help the beginner to comprehend taekwondo techniques by detailed pictured and described courses of motions. Each stage of movement is captured in a picture and described shortly, so that the course of motions is easy to understand. Similar to a flip - book. Several courses of motions are presented in the front and side view. The dynamic pictures motivate the taekwondo student to copy and practice the techniques faultless. The detailed sequences are a great help for the instructor to convey the techniques to the student. Important details, which have to be explained to the student, are exemplified, so that the techniques can be learned faultless. Additionally different teaching methods are reconsidered and it is explained by example, which teaching method is the one to be applied. In the chapter Practice methods, different methods for a lesson are exemplified. At the end of the book the author goes into different examination disciplines. The chapter is complemented by a neutral examination form including the assessment criteria. The author Jrg Buchowski was born on the 27.07.1968 in Rhede. Jrg Buchowski is bearer of the 5. Dan Taekwondo and of the 1. Dan Hapkido since 2011.KurzbeschreibungThis book is supposed to be a help for the beginner, as well as for the instructor. That is why all topics are described shortly and to the point. Different stretching methods, such as active and passive stretching are explained and demonstrated for a better understanding by means of pictures. This book is supposed to help the beginner to comprehend taekwondo techniques by detailed pictured and described courses of motions. Each stage of movement is captured in a picture and described shortly, so that the course of motions is easy to understand. Similar to a flip - book. Several courses of motions are presented in the front and side view. The dynamic pictures motivate the taekwondo student to copy and practice the techniques faultless. The detailed sequences are a great help for the instructor to convey the techniques to the student. Important details, which have to be explained to the student, are exemplified, so that the techniques can be learned faultless. Additionally different teaching methods are reconsidered and it is explained by example, which teaching method is the one to be applied. In the chapter Practice methods, different methods for a lesson are exemplified. At the end of the book the author goes into different examination disciplines. The chapter is complemented by a neutral examination form including the assessment criteria. The author Jrg Buchowski was born on the 27.07.1968 in Rhede. Jrg Buchowski is bearer of the 5. Dan Taekwondo and of the 1. Dan Hapkido since 2011.