



Tang Soo Do: The Ultimate Guide to the Korean Martial Art (Martial Arts)

Kang Uk Lee

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This reference book is the result of eight years of research into the history of Korea and the martial art style of Tang Soo Do (Moo Duk Kwan). The manual covers the 19 forms of the art, from white belt to black belt (fourth Dan Master Instructor grade), explaining in detail the various moves in each form with the aid of photographs. The guide also contains the family tree of the Moo Duk Kwan, the most widely practised Tang Soo Do style in the world.

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