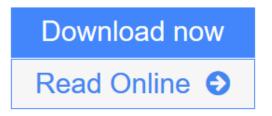


## The Encyclopedia of Taekwon-Do Patterns, Vol. 1

Stuart Paul Anslow



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**The Encyclopedia Of Taekwon-Do Patterns:** *The Complete Patterns Resource For Ch'ang Hon, ITF & GTF Students Of Taekwon-Do* is a unique series of books that feature the complete works of General Choi, Hong Hi; Creator of the Ch'ang Hon system of Taekwon-Do and founder of the International Taekwon-Do Federation; as well as the patterns further devised by some of his most talented and legendary pioneers; Grandmaster Park, Jung Tae and Grandmaster Kim, Bok Man.

This 3-volume set is the only series of books in the world to feature all of the 25 patterns created by General Choi and his Taekwon-Do pioneers (including both Juche and Ko-Dang), as well as all 3 Saju exercises, the 6 Global Taekwon-Do Federation patterns developed by Grandmaster Park, Jung Tae and the Silla Knife Pattern instituted by Grandmaster Kim, Bok Man.

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No matter which Taekwon-Do organisation you belong to, the Encyclopedia Of Taekwon-Do Patterns covers all you need to know to take you from White Belt to Taekwon-Do Master.



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