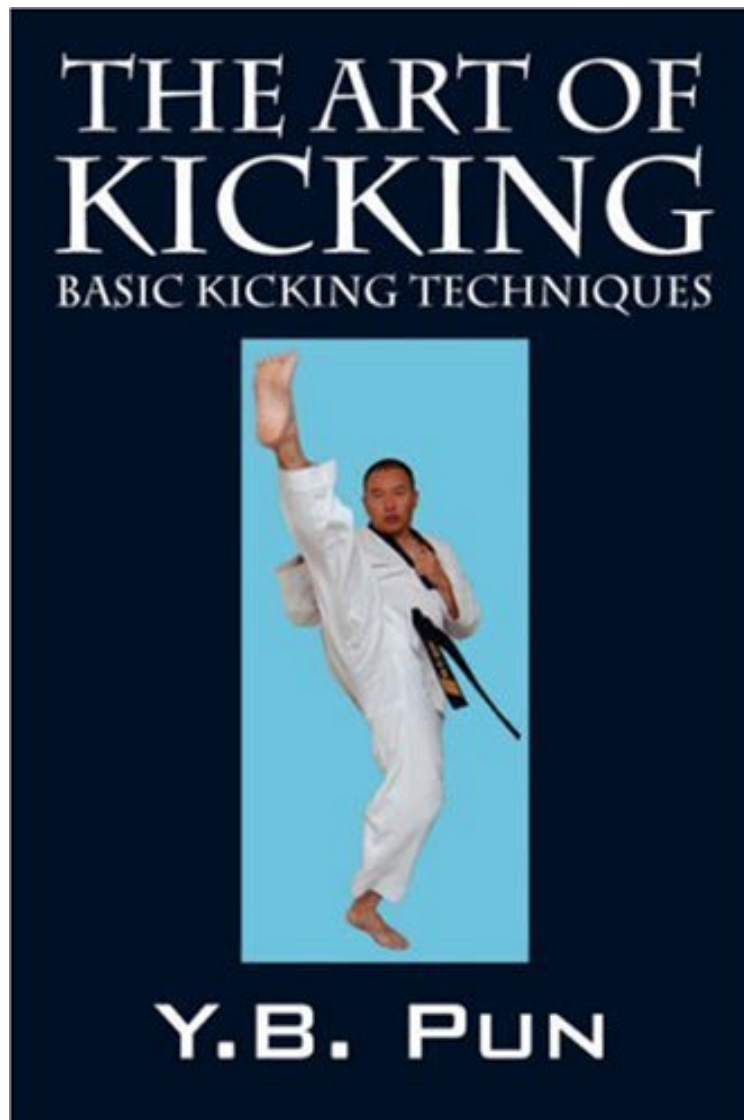


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## The Art of Kicking: Basic Kicking Techniques

*Y B Pun*

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**Y B Pun : The Art of Kicking: Basic Kicking Techniques** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Art of Kicking: Basic Kicking Techniques:

Kicks Anybody Can Learn!This book covers twelve basic kicks that are fundamental to many martial arts, particularly Taekwondo. The kicks are well illustrated; they are easy enough to learn even for somebody who has no martial arts knowledge. It also covers stretching, target kicking, application and conditioning exercises. If you want to learn the

kicks on your own the best possible way, this is the book for you.

From the Author This book came to production to serve martial arts enthusiasts who are interested in learning kicking techniques for self-defense. About the Author The author, Y.B. Pun, is a 6th Dan Black Belt in Taekwondo. His martial art journey began in the late 70's in Hong Kong. He has taught Taekwondo for many years to many people, young and old. He is known for his spectacular kicking techniques and the immense understanding of the whole art.