


# Taekwondo Grappling Techniques: Hone Your Competitive Edge for Mixed Martial Arts [DVD Included]

*By Tony Kemerly Ph.D., Steve Snyder*

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**Taekwondo Grappling Techniques: Hone Your Competitive Edge for Mixed Martial Arts [DVD Included]** By Tony Kemerly Ph.D., Steve Snyder

**Take taekwondo beyond just kicking and punching—discover powerful grappling moves that build on the patterns you already know!**

Taekwondo is the most popular Korean martial art, with over 70 million practitioners in the world. *Taekwondo Grappling Techniques* presents the most effective grappling maneuvers ever developed for taekwondo. With this comprehensive taekwondo book as your guide, you'll confidently defend yourself against attacks and apply your own devastating grappling techniques to bring assailants into submission.

This taekwondo guide contains 15 chapters with 89 different taekwondo techniques. Movements include:

- Low Double Knifehand Block to Circular Block
- Upward Elbow Strike to Double Knifehand Block
- Sitting Stance Punch to Sitting Stance Punch to Outer Forearm Block
- Reverse Punch to Scooping Block
- Square Block to Inward Knifehand Strike
- Vertical Spearhand Strike to High Backfist Strike
- Reverse Inner Forearm Block to Reverse Punch
- Double Knifehand Block to High Punch

Includes instructional DVD.

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## Editorial Review

Review
"As a martial arts instructor it is great having a resource that helps instructors and students understand the correlation between techniques in a form and how they can be used with a grappling application." —**James Bailey. 8th Degree TaeKwonDo Grand Master and Co-founder of Tiger Rock Martial Arts International**

"Interpretation of movement is at the heart of all pattern (kata) training and *Taekwondo Grappling Techniques* presents an insightful interpretation of the movements included in Taekwondo. The influences and origins of various styles are all intertwined and the techniques often have several interpretations. I found the interpretations in *Taekwondo Grappling Techniques* to be both informative and thought provoking." —**Danny Dring, 8th Degree Taekwondo, Owner and Founder of Living Defense Martial Arts**

"I found the book to be both informative as well as instructional. So little was known or taught to many of us as students ourselves in our generation about the true meanings of the moves within the patterns. The fact that we can now disect these meanings is a testiment to both the dedication and to the pursuit of excellence in Taekwondo that Mr. Steve Snyder and Dr. Tony Kemerly have demonstrated. I would highly recommend this book to any Taekwondo instructor or student." —**George Strickland, Co-founder TaeKwonDo United Association**

About the Author

**Dr. Tony Kemerly** is an Associate Professor of Exercise Science and Director of the Exercise Science Program at High Point University. His martial arts experience includes the rank of black sash in Blue Dragon Kung Fu and black belt ranks in taekwondo with the World Taekwondo Federation, the International Taekwondo Federation and Living Defense Martial Arts. Dr. Kemerly lives in High Point, NC.

**Steve Snyder** owns and operates a full-time martial arts studio with his wife in High Point, NC. Among his many achievements is a fifth degree black belt in taekwondo.

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**Cheryl Stone:**

As people who live in typically the modest era should be change about what going on or details even knowledge to make all of them keep up with the era which is always change and move forward. Some of you maybe will probably update themselves by studying books. It is a good choice for you personally but the problems coming to you actually is you don't know which one you should start with. This Taekwondo Grappling Techniques: Hone Your Competitive Edge for Mixed Martial Arts [DVD Included] is our recommendation to help you keep up with the world. Why, since this book serves what you want and need in this era.

**Valerie Gray:**

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**Lawrence Gibbs:**

Taekwondo Grappling Techniques: Hone Your Competitive Edge for Mixed Martial Arts [DVD Included] can be one of your nice books that are good idea. Many of us recommend that straight away because this book has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The writer giving his/her effort to set every word into delight arrangement in writing Taekwondo Grappling Techniques: Hone Your Competitive Edge for Mixed Martial Arts [DVD Included] nevertheless doesn't forget the main point, giving the reader the hottest and also based confirm resource info that maybe you can be considered one of it. This great information may drawn you into brand-new stage of crucial imagining.

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