



Competitive Taekwondo

Yong Kil

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Competitive taekwondo is a demanding sport. Participants must be quick and able to score when given an opportunity. They must understand the opponent, adapt their fighting style, and be prepared to take advantage of any weakness. Most important, they must be confident and know that they can control any match because they have trained well.

Competitive Taekwondo will guide you to victory by demonstrating the proven techniques, tactics, strategies, and conditioning programs you need to become a champion. Through detailed descriptions and photos, former world champion Master Yong Sup Kil illustrates how the subtleties of technique—such as stance, foot angle, and timing—provide the foundation for unstoppable direct, indirect, and counterattacks. Fight strategies, such as creating attack openings and setting up counterattacks, allow you to dominate your opponent and score at will.

From conditioning drills that increase flexibility, strength, endurance, and power to information on making weight and prefight strategies that improve focus and concentration, *Competitive Taekwondo* is the champion's guide to taking down even the most formidable opponent.

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