



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

Kang Uk Lee

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This is the most complete reference guide to the Korean art of Tang Soo Do (Moo Duk Kwan) ever published. It covers the 19 forms from white belt to black belt (fourth dan master grade), explaining in step-by-step detail the various moves and techniques of each form. This guide also includes the complete lineage of the Moo Duk Kwan, which is the world's most popular style of Tang So Doo. The author, Grandmaster Kang Uk Lee, is the president and chief technical advisor of the international Tang Soo Do association.

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