



Taekwondo: A Path to Excellence

Doug Cook

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Finalist – 2010 Book of the Year Award by ForeWord Magazine

Finalist – 2010 USA Best Book Award

This book, in seven parts, offers you the opportunity to visit the garden that is Taekwondo. Discover what it means to be a steadfast practitioner, understand Taekwondo's honorable past, and prosper in the confidence and purpose that Taekwondo offers to all that participate.

By following Taekwondo's path and developing its indomitable spirit, you?the Taekwondo traveler?will see the 'Do' or the Way. Learn how to cultivate a natural harmony and rhythm to life, be able to distinguish right from wrong, and be equipped to defend against that which might harm what you hold most sacred.

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