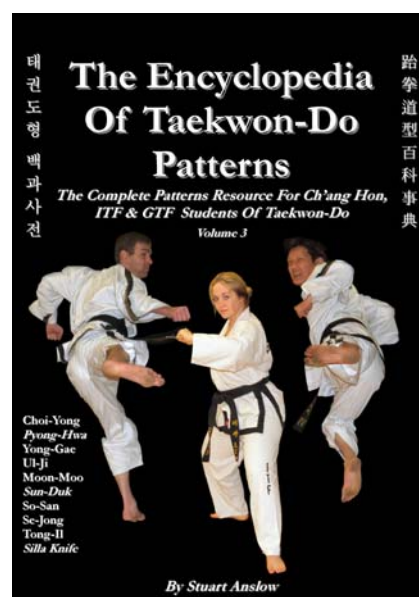
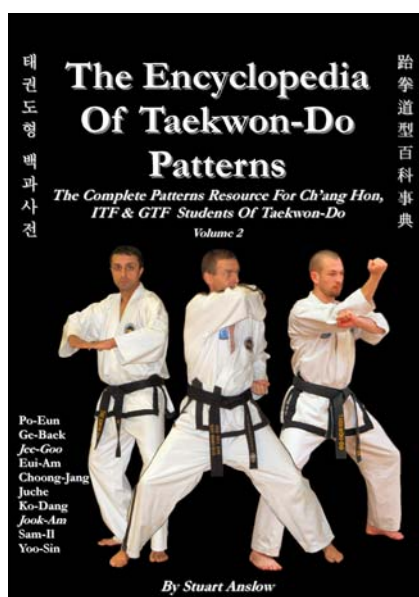
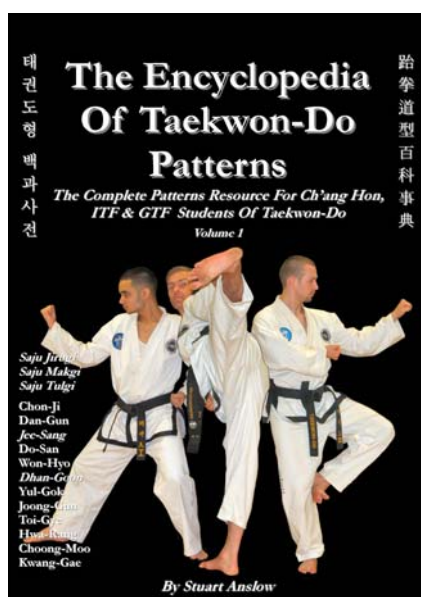


Book Review

The Encyclopedia Of Taekwon-Do Patterns

Vols 1, 2 & 3

By John Dowding, 4th degree, PUMA



Not to be confused with the 15 volume Encyclopedia Of Taekwon-Do by General Choi. This is the latest work from respected Taekwon-Do stylist Stuart Anslow.

Stuart's previous work Chang Hon Hae Sul explored the hidden applications in the Chang Hon pattern set. With this latest publication spanning three volumes, Stuart has tackled the more conventional area of pattern movements and performance.

This set of books is not about application, its simply a step by step guide to learning and performing the relevant pattern applicable to all grades from 9th kup to 9th Degree. Every Chang Hon pattern is explored in some depth from Chon Ji to the final pattern required for Seventh Degree and above Tong IL. What is also unique from a Chang Hon stylists perspective is

that Stuart has included both Ko Dang and Juche and is the only work that documents all 25 patterns created by General Choi and the pioneers of the ITF

Stuarts work is unique in that not only does it include the 25 Chang Hon patterns but also provides step by step instruction in the six Jee-Goo Hyungs created exclusively for the GTF by Grandmaster Park Jung Tae and the Silla Knife pattern created by Grandmaster Kim Bok Man. These GTF hyungs have never been published in this format before and the Silla knife pattern was only available in Grandmaster Kim Bok Man's book Practical Taekwon-Do. Whilst not directly relevant to Chang Hon stylists, these make a fascinating reference work for all serious students of Taekwon - Do, and I personally have enjoyed studying the hyungs created by GM Park which not

surprisingly for anyone with any knowledge of GM Park contain some interesting kicking combinations which are not for the faint hearted or stiff legged!

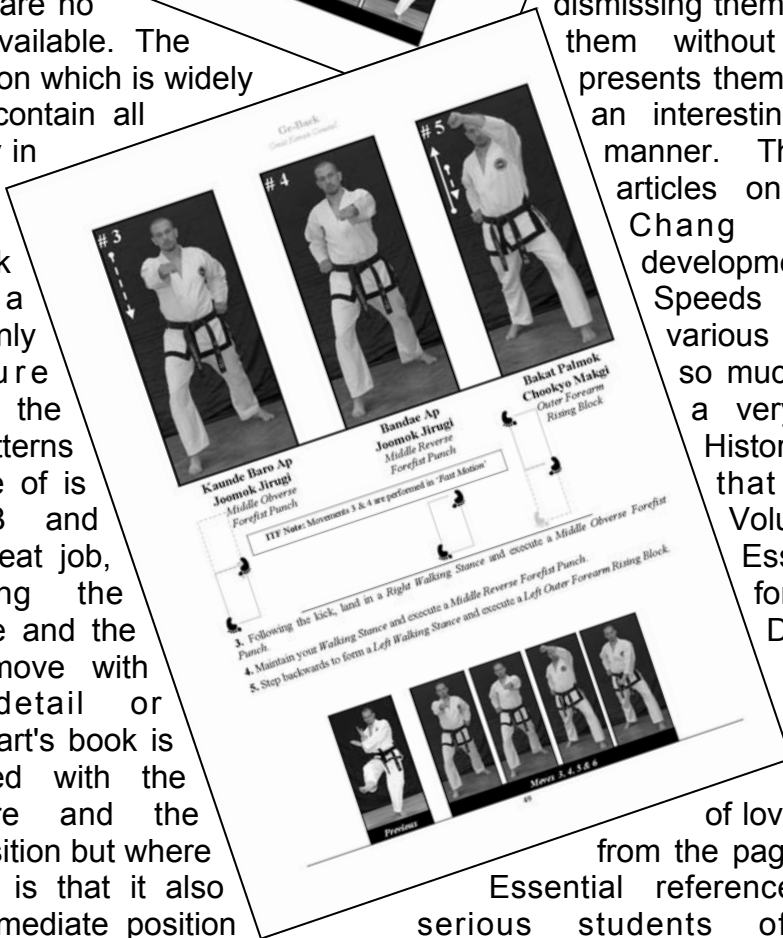
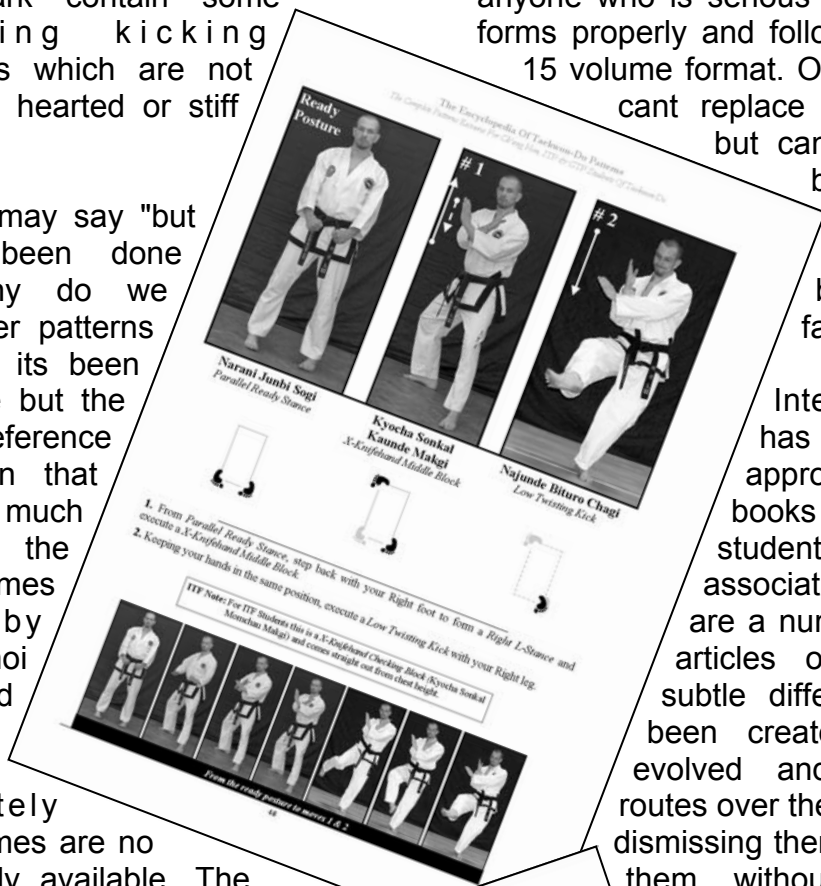
Now some may say "but this has been done before! Why do we need another patterns book?" Yes its been done before but the only other reference book I own that gives this much material is the full 15 volumes written by General Choi himself, and

unfortunately the 15 volumes are no longer widely available. The condensed version which is widely available does contain all patterns but only in text form which is much harder to follow or check if unsure of a move. The only other picture reference for the higher grade patterns that I am aware of is by the TAGB and doesn't do a great job, merely showing the previous posture and the finished next move with very little detail or explanation. Stuart's book is clearly illustrated with the starting posture and the finished next position but where it scores highly is that it also shows the intermediate position that the student travels through to arrive

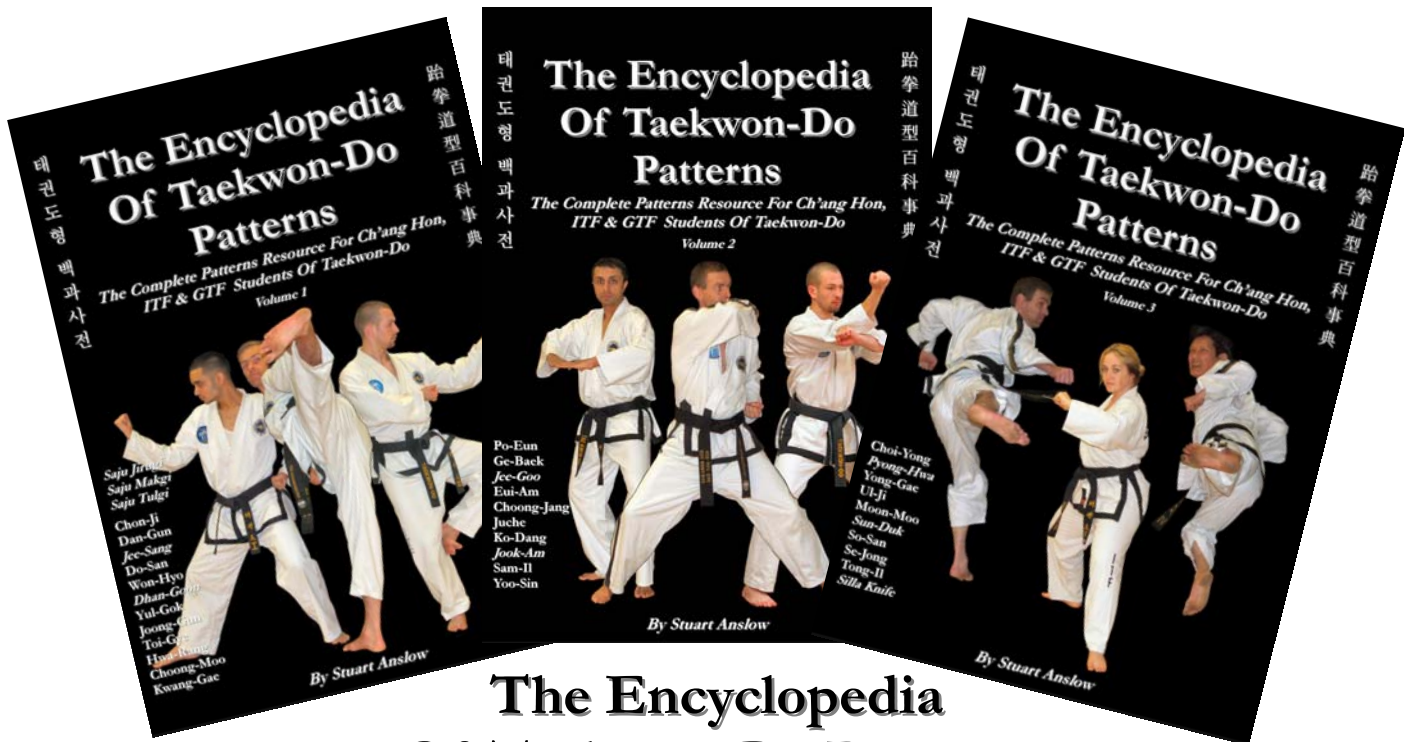
at the end position, this is invaluable to anyone who is serious about learning the forms properly and follows General Choi's 15 volume format. Obviously the books cant replace a good instructor but can provide that link between dojang and home practise that other books of this kind fail to do.

Interestingly Stuart has taken a very broad approach and these books are directed at all students irrespective of association or style. There are a number of fascinating articles on the small but subtle differences that have been created as TKD has evolved and taken different routes over the years, rather than dismissing them Stuart embraces them without prejudice and presents them for the reader in an interesting and insightful manner. There are other articles on the history of Chang Hon patterns development, Sinewave, Speeds in patterns for various movements and so much more including a very complete Full History of Taekwon Do that appears in Volume 1 of the 3! Essential reading for the Taekwon Do historian.

Ultimately this has obviously been a labour of love and that shines from the pages to the reader. Essential reference work for all serious students of Taekwon-Do regardless of rank or association.



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