

The Ultimate Guide to the Comprehensive Illustrated Manual of Martial Arts of Ancient Korea

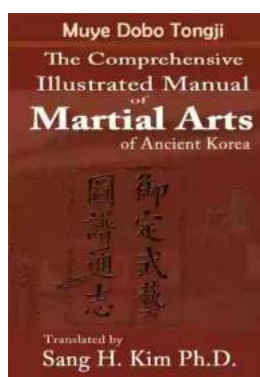


Have you ever been fascinated by ancient Korean martial arts and wanted to delve deeper into the techniques, history, and cultural significance? Look no

further! In this comprehensive illustrated manual, we will take you on an exciting journey through the rich martial arts traditions of ancient Korea.

The Origins of Korean Martial Arts

Korean martial arts have a long and storied history that dates back thousands of years. Whether it's Taekwondo, Hapkido, or Kumdo, each discipline has its unique roots firmly planted in ancient Korean culture. We will explore the influences from neighboring countries like China and Japan and how they contributed to the development of these martial arts.



Muye Dobo Tongji : Comprehensive Illustrated Manual of Martial Arts of Ancient Korea

by Jinwung Kim(Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English

File size : 4406 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 400 pages

Lending : Enabled





Exploring Different Styles and Techniques

From the elegant and acrobatic kicks of Taekwondo to the joint locks and throws of Hapkido, Korean martial arts encompass a wide range of styles and techniques. Our detailed manual will provide step-by-step instructions and illustrations for various moves, allowing you to understand and practice these ancient techniques yourself.

The Cultural Significance of Korean Martial Arts

Ancient Korean martial arts weren't just about self-defense and combat effectiveness. They served as a way to cultivate discipline, improve physical health, and foster a sense of community. We will delve into the cultural values and philosophies that underpin Korean martial arts, giving you a holistic understanding of how they have influenced Korean society throughout history.



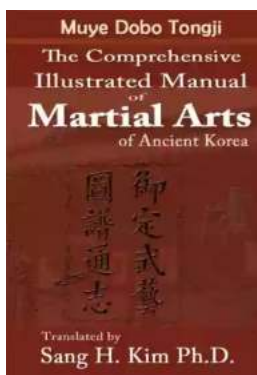
Discovering the Legends and Heroes

No journey into the world of ancient Korean martial arts would be complete without exploring the legendary figures who shaped its history. Learn about renowned martial artists like Yi Sun-sin, who went from being a master swordsman to becoming a national hero during the Imjin War. Their inspiring stories will captivate your imagination and deepen your appreciation for these martial arts.

Korean Martial Arts in Modern Times

While the focus of this manual is on ancient Korean martial arts, we cannot ignore the modern-day influences and global popularity of disciplines like Taekwondo. We will examine how these martial arts have evolved over time and continue to gain international recognition, even becoming official Olympic sports!

The Comprehensive Illustrated Manual of Martial Arts of Ancient Korea is your gateway into a captivating world filled with history, tradition, and discipline. Gain a deep understanding of the origins, techniques, and cultural significance of Korean martial arts through our visually engaging guide. Whether you are a martial arts enthusiast or simply curious about ancient Korean culture, this manual will provide you with an immersive and educational experience like no other.



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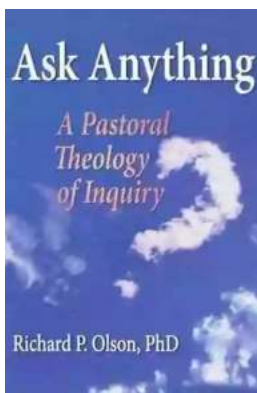
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In 1789, King Chongjo, ruler of the Yi dynasty, ordered General Yi Duk-moo to compile an official textbook on all martial art forms then present in Korea to preserve them for future generations. The result, the Muye Dobo Tongji, is the only surviving classical text on the Korean arts of war. Based on the earliest known Korean martial arts treatise, the Muye Chebo written in 1599, the Muye Dobo Tongji clearly shows the influence of the neighboring Japanese and Chinese armies.

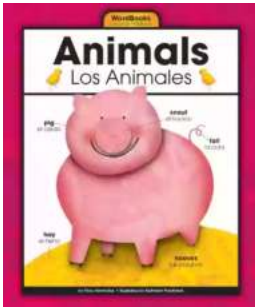
Through hundreds of wars and invasions, Korean soldiers adapted battlefield skills and tactics from their enemies, creating a unique system of their own. Organized into 24 distinct disciplines comprised of empty hand fighting, weaponry and horsemanship, this book is an accurate historical snapshot of the warrior arts of the hermit kingdom in the late 18th century.

The release of The Comprehensive Illustrated Manual of Martial Arts of Ancient Korea marks the first time this volume is available in English. Carefully translated from the original text and illustrated with reproductions of ancient woodblock carvings, this book provides fascinating insights into Korea's martial arts legacy.



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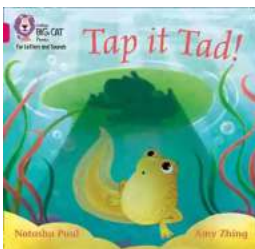
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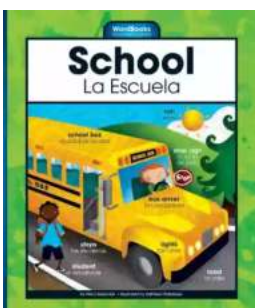
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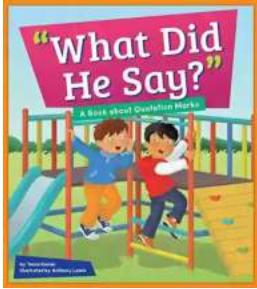
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