



## Taekwondo (Spanish Edition)

*Fernando Abad*

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Las artes marciales poseen una serie de valores educativos excepcionales, intrínsecos a su propia práctica. Para poder beneficiarnos de ellos, es imprescindible el planteo de una metodología.

El objetivo de este libro es reflexionar sobre distintos aspectos relacionados con la enseñanza del Taekwondo, y proponer pautas metodológicas para el adecuado tratamiento de los mismos. Teniendo en cuenta que las artes marciales, además de su fase deportiva y de entrenamiento físico, promueven implícitamente principios de orden ético, entre ellos, cortesía, integridad, perseverancia, autocontrol, espíritu indomable, respeto y disciplina.

El objetivo es la búsqueda de la autosuperación, reconociendo las posibilidades físicas y psíquicas de cada individuo, según su edad, sexo, contextura y cualidades físicas. Teniendo en cuenta estos principios, la práctica de Taekwondo resulta benéfica para todo tipo de alumnos, de ambos sexos, y de todas las edades.

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