



## Songdo-Kwan Gongsudo: Foundation Syllabus (Paperback)

By B T Milnes

Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Songdo-kwan Gongsudo (also written Kongsudo, Kong Soo Do) is the Korean variation of Shoto-kan Karate-do. It contributed to the development of Taekwondo, and is still practised at a few schools around the world. This handbook takes you through forms you need to learn as a grade (colour belt) student of Songdo-kwan Gongsudo: Tenth Grade - Kibon Ninth Grade - Pyeong-an Chodan Eighth Grade - Pyeong-an Idan Seventh Grade - Pyeong-an Samdan Sixth Grade - Pyeong-an Sadan Fifth Grade - Pyeong-an Odan Fourth Grade - Cheolgi Chodan Third Grade - Cheolgi Idan Second Grade - Cheolgi Samdan First Grade - Balsae The movements for each form are written out in detail. The handbook also gives you the Korean vocabulary relevant to each grade. This handbook has not been written for any one association, so it can be read by a student of any Songdo-kwan Gongsudo association or school. Most of this book would also be relevant to students of Dangsudo (also written Tangsudo, Tang Soo Do).



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