



Taekwondo: A Step-by-Step Guide to the Korean Art of Self-Defense



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Kevin Hornsey

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A step-by-step guide to the Korean martial art of self-defense, combining physical fitness with m...

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144 pages

About the Author

Kevin Hornsey began studying the martial arts at the age of 12. He progressed well in Taekwondo, earning the coveted Black Belt at the age of 15 to become one of the youngest to do so in the UK at that time.

In a dedicated pursuit spanning more than three decades, Kevin has enjoyed a full and exciting career. As Chief Referee for the British Taekwondo Control Board (BTCB) Kevin is regularly invited to put his skills to use as Referee Delegate for the UK at European and World Championship competition and was selected to be one of only 24 International Referees worldwide to participate in the Sydney Olympic Games at the inauguration for Taekwondo as a full participation sport.

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