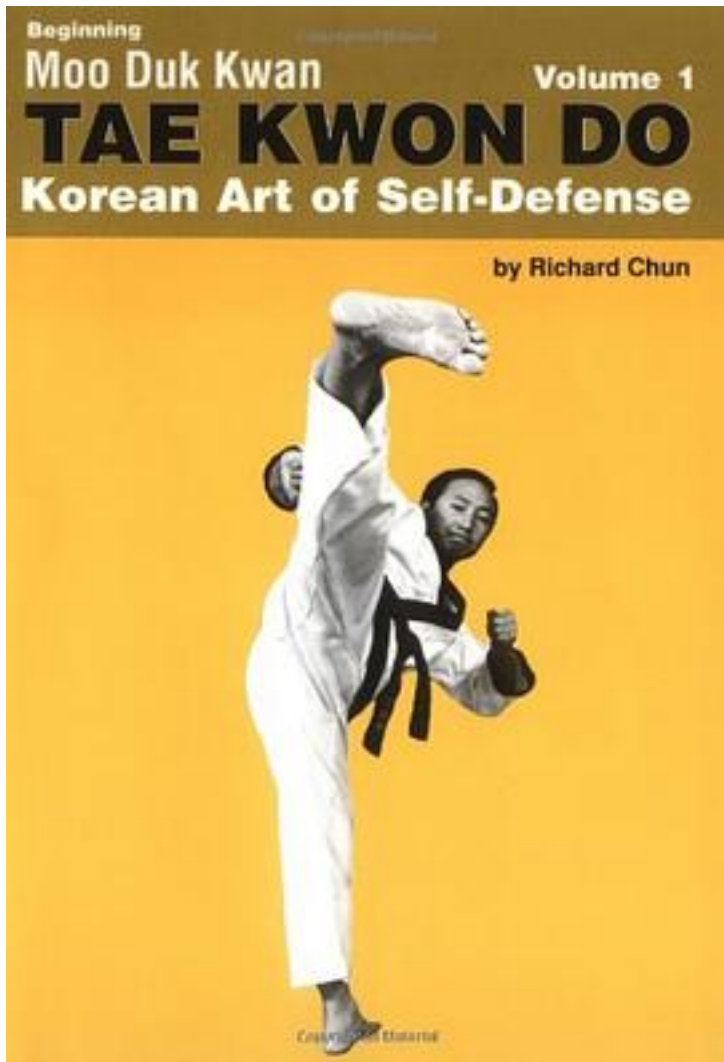


Beginning Moo Duk Kwan Tae Kwon Do Korean Art of Self-Defense



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出版者:Ohara Pubns

出版时间:1975-5

装帧:Pap

isbn:9780897500159

This book contains the history, philosophy, and beginning techniques of taekwondo that are explained, with a complete guide to six beginning forms: kicho il-boo, kicho ee-boo, kicho sam-boo, palgye il-chang, palgye ee-chang, and palgye sam-chang.

作者介绍:

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