

Taekwondo



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Written by masterful, experienced, black belt instructors/authors, this book includes basic to advanced techniques, forms, sparring, self-defense, holds, locks, takedowns, weapons defense, and meditation. Improve the fundamentals of Taekwondo, extend them with multiple variations, and add new skills. Clear instructions, 350 photographs, skill drills, and tips throughout.

作者介绍:

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