

# Taekwondo



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出版者:Broadway

出版时间:1999-04-13

装帧:Paperback

isbn:9780767902144

Taekwondo is the most complete and up-to-date book available on this widely popular Korean sport, providing a thorough description and discussion of basic techniques as well as sparring strategies, plus interviews and cutting-edge methods from U.S. Olympic Training Center and National Team coaches. Troubleshooting sections and more than 350 detailed line drawings will help students of every skill level perfect their forms and improve timing, speed, and power. Also featuring a brief history of the sport, along with the philosophical principles and values behind it

作者介绍:

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