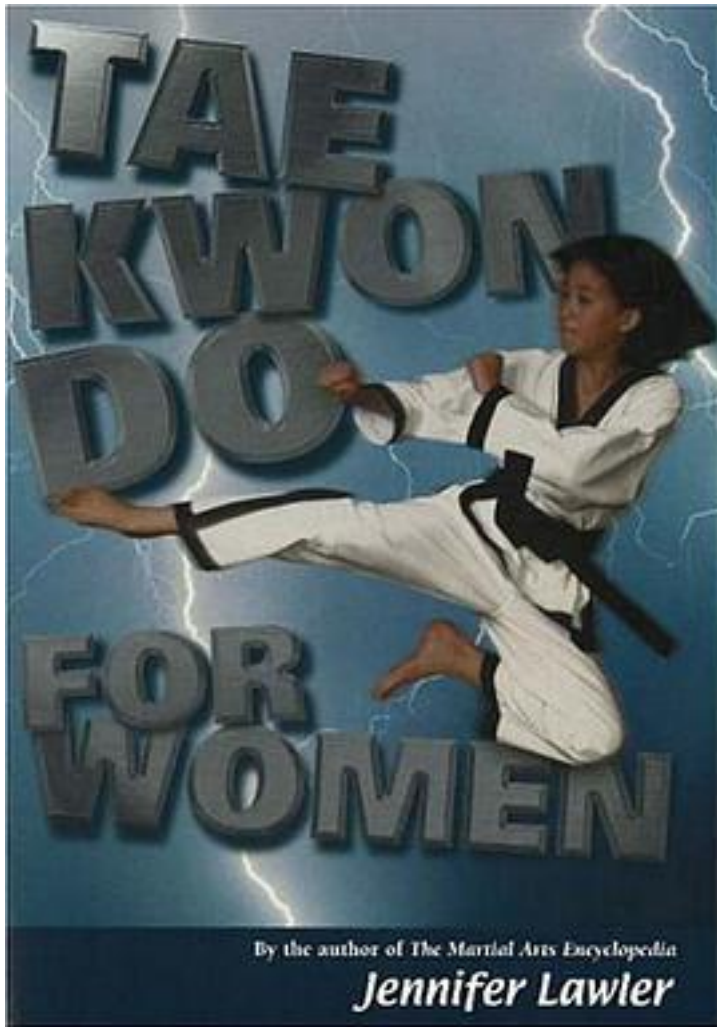


Tae Kwon Do for Women



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Tae Kwon Do for Women focuses on helping women emphasize their strengths and

improve their weaknesses in martial arts practice. Some of the challenges that women in the martial arts face are not relevant to men, and many of the inherent skills that women have (speed, agility, flexibility) are often overlooked in traditional how-to books.

作者介绍:

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