

Tae Kwon Do



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The only book of its kind sanctioned by the World Taekwondo Federation and written by world-renowned Tae Kwon Do masters, Tae Kwon Do, Third Edition is the most comprehensive one-stop guide to the world's most popular martial art. More than 750 all-new, full-color photographs illustrate detailed instructions on the practices and techniques of this ancient Korean fighting system. Key features include a concise history of Tae Kwon Do; important tips and strategies for sparring; two glossaries--English to Korean and Korean to English; official rules of competition; and weight and belt divisions.

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