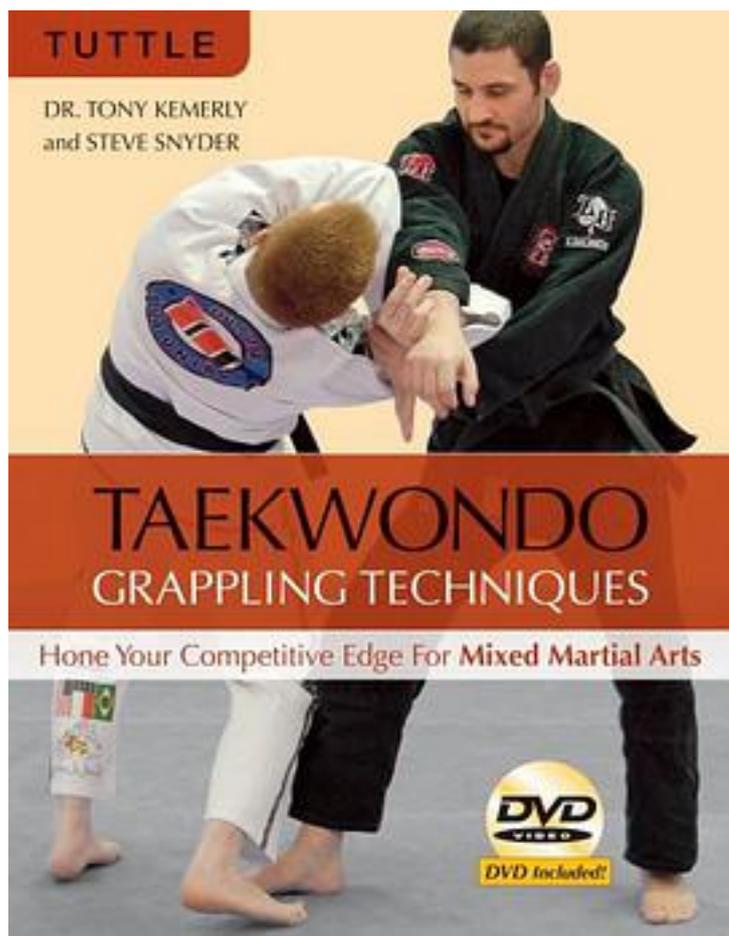


Taekwondo Grappling Techniques



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Includes instructional DVD. Take taekwondo beyond just kicking and punching--discover powerful grappling moves that build on the patterns you already know "Taekwondo Grappling Techniques" presents the most effective grappling

maneuvers ever developed for taekwondo. With these step-by-step instructions as your guide, you'll confidently defend yourself against attacks and apply your own devastating grappling techniques to bring assailants into submission.

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