

Tae Kwon Do - Sihak Henry Cho

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In this classic volume, illustrated with nearly 1,000 photographs, the author explains when, where, why, and how to best apply the deadly techniques of Tae Kwon Do. This book gives pinpoint explanations of the advantages and disadvantages of each move, analyzing them step by step from offensive, defensive, and counterattacking perspectives. The techniques presented are applicable to any martial arts system, making this book of interest not only to practitioners of Tae Kwon Do but also of karate and kung fu. Author: Cho, Sihak Henry Publisher: Tuttle Publishing Illustration: N Language: ENG Title: Tae Kwon Do Pages: 00256 (Encrypted EPUB) On Sale: 1992-07-15 SKU-13/ISBN: 9780804817042 Category: Sports & Recreation : Martial Arts & Self-Defense

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