

Advanced Taekwondo - Scott Shaw

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Taekwondo is defined as a hard-style system of the martial arts with penetrating kicks, punches, and forceful linear attacks. In Advanced Taekwondo, Scott Shaw presents an in-depth look at the complete art of Taekwondo—from the underlying philosophies that drive the techniques and strategies to advice on mastering basic and advanced techniques fundamental to the art. Author: Shaw, Scott Publisher: Tuttle Publishing Illustration: N Language: ENG Title: Advanced Taekwondo Pages: 00216 (Encrypted EPUB) / 00216 (Encrypted PDF) On Sale: 2006-03-15 SKU-13/ISBN: 9780804837866 Category: Sports & Recreation : Martial Arts & Self-Defense

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