

Practical Taekwondo: Back To The Roots - Matthew Sylvester

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Packed with over 500 photos and clear, step-by-step instructions, Practical Taekwondo: Back to the Roots offers a wealth of interpretations of ITF and WTF taekwondo patterns. Using the techniques that the author has discovered and tested, it shows readers how they can find their own applications. ITF and WTF practitioners alike will find this book to be invaluable. No matter what level you are in your study of taekwondo, this book will help you look at patterns in a completely different way. Whether you are a white belt or a black belt, this book is packed with information that will make your training practical and relevant to the social challenges of the twenty-first century. Author: Sylvester, Matthew Publisher: Summersdale Publishers Ltd Illustration: N Language: ENG Title: Practical Taekwondo: Back to the Roots Pages: 00000 (Encrypted PDF) On Sale: 2011-12-30 SKU-13/ISBN: 9780857655257 Category: Sports & Recreation : Martial Arts & Self-Defense

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