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Official Taekwondo Training Manual Full Taekwondo, Tae Kwon Do Or Taekwon-Do (/ , T Aɪ K W ɒ N ' D Oʊ , , T Aɪ ' K W ɒ N D Oʊ /; Korean: 태권도/태권도 [tʰɛ.ɕwʌn.do] ()) Is A Korean Martial Art, Characterized By Punching And Kicking Techniques, With Emphasis On Head-height Kicks, Jumping Spinning Kicks, And 2th, 2024

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Books On Taekwondo. Published In March 1999 By: Bokyung Moonhwasa At 389-22 Seokyo-dong, Mapo-ku, Seoul, Korea 121-210. Tel No. 82 2 325 8833/325 7211 Fax

No. 82 2 325 7213. ISBN 89-358-0124-0. 8,000 Won In Korean Currency Per Copy.
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