



Taekwondo Textbook 1

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The Best Textbook for Scientific Taekwondo Training by the masters of the Kukkiwon.

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- Composed of the history and philisophy of Taekwondo, and also provides an accurate basic motions, Poomsae and Kyorugi,
- Provides a full understanding of Taekwondo, and also gives examples of how the basic motions can be used in real situstions with applied moves.
- Gives detail explanations of commonly mistaken motions and moves that requires special attention.
- Double language(Korean, English) makes easy understanding to all the people.
- Judgement guide for all Poomsae competitions, including Kukkiwon belt promotion exams, and the WTF World Taekwondo Poomsae Championships.

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