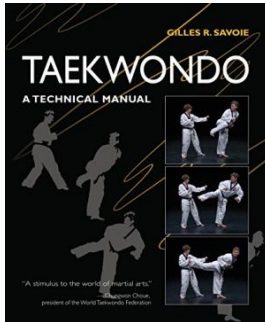


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TAEKWONDO: A TECHNICAL MANUAL



Blue Snake Books. Paperback. Condition: New. 176 pages. Dimensions: 8.9in. x 7.4in. x 0.6in. In Taekwondo: A Technical Manual, renowned Master Gilles Savoie presents the art and science of the popular martial art, showing practitioners how to optimize both body and spirit. While other taekwondo books simply document traditional forms and exercises, this one goes further, providing an in-depth look at the body mechanics and physics of taekwondo movements. Armed with this information, says Master Savoie, the practitioner can improve control, optimize...

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