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THE ULTIMATE TAEKWONDO WORKOUT BOOK (PAPERBACK)



Lulu.com, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Taekwondo is the most widely practiced martial art in the world. Many of the elements of this 2000 year old, Korean martial art have remained timeless and unchanged through the centuries. However, with the proliferation of Taekwondo as an Olympic Sport, the speed, stamina, and strength required for athletes to compete on a high level has increased greatly. While Dojang practice is invaluable...

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- Authored by Marc Ziogiannis
- Released at 2015



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