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By David Amerland

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Martial Arts: Tae Kwon Do Paperback By David Amerland

This series encourages readers to discover the skills required for martial arts. Each title presents one of the arts, explores how it has been developed and how it works today, including famous fighters and international competition. There are step-by-step instructions for holds, throws and other techniques, and advice on safety and locations to learn about martial arts.

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