



The Complete Book Of Taekwon Do Forms

Keith Yates

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Updated info - including the addition of the 3rd-degree black belt level form, kae-beck - and 42 new photos highlight this brand-new edition of Keith Yates's invaluable taekwon do reference. This volume offers the basics, plus the latest developments in the world of taekwon do, presented in a classy new package.

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