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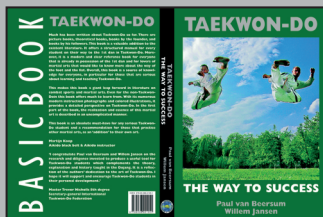
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..is a comprehensively structured manual for students on their way to the 1st dan in Taekwon-do, as well as being a detailed general reference work for martial arts enthusiasts. Containing over 350 full-colour pages covering the history, theory and practice of martial arts, this book is a new and valuable addition to existing literature.

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