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Tae Kwon-do is a Korean martial art, which although having roots in the ancient orient, was developed as a modern art from the eight Kwans of Korea. Tae Kwon-Do was inaugurated on April 11th 1955 following extensive research and development by the founder. It was introduced into the United ...

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There's no other manual like this: more than 1,200 photographs show every step it takes to master Taekwondo, from the very first forms to the most intricate techniques of the art.

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