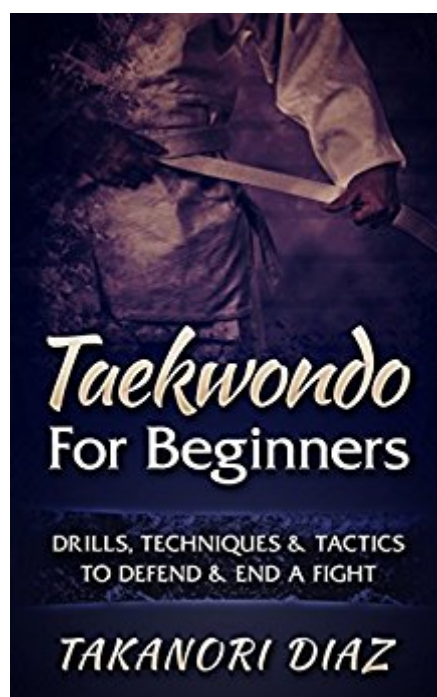


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Taekwondo For Beginners: Drills. Techniques & Tactics To Defend & End A Fight (MMA, Martial Arts, Self Defense, BJJ)



Synopsis

Taekwondo For Beginners! 1st Edition (July 2016)The Ultimate Beginners Crash Course To Taekwondo!Are You Ready To Learn How To Train & Fight In A Taekwondo Match? If So You've Come To The Right PlaceTaekwondo is without a doubt one of the most skillful, quickest growing sports in the world! With many striking styles, takedowns and footwork moves it's a great sport to watch, and even better to be a part of! Improve your fitness, confidence, self defence skills & have fun with boxing. There's a ton of other technical, complicated & drawn out books available out there, when I write it's no BS, no fluff. Just the information you want and need to get started.Here's A Preview Of What Taekwondo For Beginners Contains...The History Of TaekwondoAn Introduction to Taekwondo and Its TenetsThe Basic Stances in TaekwondoThe Hand StrikesTaekwondo Kicks You Need To KnowBlocks and Defense CombinationsAnd Much, Much More!Order Your Copy Now And Let's Get Training!

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