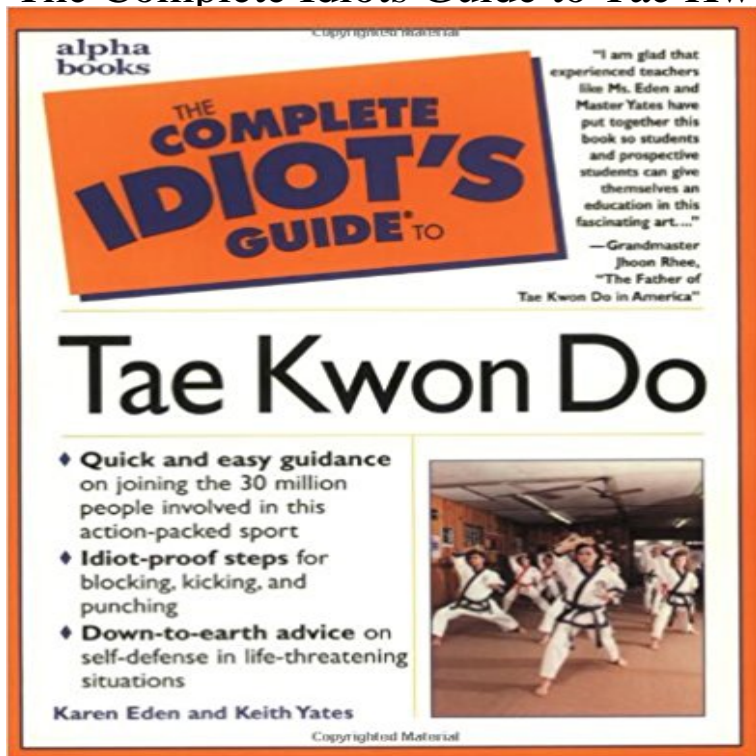


The Complete Idiots Guide to Tae Kwon Do



Thirty million people worldwide are performing tae kwon do-the Korean equivalent of karate-and thousands of centers have sprung up in America. Kids, adults, and even seniors are joining in the explosive fun. With easy-to-understand text and 75 clear line drawings and photographs scattered throughout, this laypersons book explains in simple terms the concepts of tae kwon do-how to limber up for practices, how to defend oneself, how to practice on ones own or with a partner, where to find classes, how to rate teachers, and much more.

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