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Reviews

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(Prof. Lawson Stokes IV)

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Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Changheon-yu Taekwondo is the style of Taekwondo practised by the International Taekwondo Federation (ITF). This handbook will assist you with the forms you need to learn as a grade (colour belt) student of Changheon-yu Taekwondo: Tenth Grade - Saju Jirugi Ninth Grade - Chonji Eighth Grade - Dan-gun Seventh Grade - Dosan Sixth Grade - Wonhyo Fifth Grade - Yulgok Fourth Grade - Junggun Third Grade - Toigye Second Grade - Hwarang First Grade - Chungmu The movements for each form are written out in detail, and an extended interpretation of each form is given. It also gives you the Korean vocabulary relevant to each grade. This handbook has not been written for any one association, so it can be read by a student of any Changheon-yu Taekwondo association or school.

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