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most aspects of Taekwondo such as the stretches, the strikes, kicks, and he even devotes a section on the Olympic competition rules.

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the man...

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Soon Man Lee,  
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time, Choi Hong Hi,  
an army officer,  
began teaching his  
martial arts to  
some of his  
soldiers and within  
a few years it

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became one of the cornerstones of training. In April 1955, Taekwondo was chosen as the new name of the national martial art by a board of instructors, historians, and other prominent persons.

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For those who are  
practicing the  
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taekwondo, this is

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a very valuable and  
useful book.

Masters Lee covers  
most aspects of

Taekwondo such as  
the stretches, the  
strikes, kicks, and  
he even devotes a  
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the Palgwe and Tae

Guk forms. No, I

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don't think the demonstrator is especially good either, but if you pay attention to the text descriptions, it works fine for what it is. I have an earlier edition, which doesn't have the Palgwes at all.

223 People Used

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the man who was  
the head coach of  
the U.S.

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chief instructor is

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to provide quality  
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club. The chief  
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all class  
instructors, and is  
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Hong Hi was born  
in Korea. April 11,  
1955 saw the  
christening of  
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General Choi after  
exhaustive  
researching,  
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