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## BLOOD, SWEAT TAEKWONDO: THE GOLD MEDAL TRAINING ENCYCLOPEDIA (PAPERBACK)

### Blood, Sweat & Taekwondo



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Blood, Sweat Taekwondo: The Gold Medal Training Encyclopedia is full of training drills and principles followed by elite coaches and athletes. I have collected, developed, and catalogued the best Taekwondo training from elite coaches and athletes from over 10 countries in my 15 years of training and teaching Taekwondo. This book aims to complement your current Taekwondo training or act..

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- Released at 2015



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