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**THE GENUINE BOOK] CHILDREN TAEKWONDO ENTRY(CHINESE EDITION)**

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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2012-05 Publisher: Ningbo Press Introduction Taekwondo is a the wind friction worldwide fighting martial art movement. but also an official event in the Olympic Games. the sport in recent years by the people around the world. especially children Welcome. have added to taekwondo practice. Introduction to Children's Taekwondo Poomsae Taekwondo common sense. footwork. tactics. leg. begin to explain the operation of the form of a diagram with text. allows beginners to easily master the Quick Start. Children Taekwondo entry edited by Wong Sui Wah. Contents Part 1 Taekwondo Overview About two taekwondo. Taekwondo. Taekwondo characteristics. the role of the Taekwondo five taekwondo spirit VI. taekwondo etiquette Part 2 Taekwondo quality training. warm-up exercise. the quality of practice Part 3 taekwondo basic footwork a combat posture. opened step three. horse four. replaceable step 5. bouncing step six. on a step-by-step and seven step-back eight. former Slippery nine. after Slippery ten. skip step XI the anterior cruciate step twelve. after cross step thirteen. side venue fourteen and fifteen in lunge after lunge (three Seven Steps) Part 4 basic techniques of taekwondo. boxing. knife in hand. the palm method Fourth. defensive Part 5 Taekwondo leg front kick two cross-kick three kick after four the Xia Pi five. after a spin kick six. side kick seven. Flying kick eight former spin kick nine. whirlwind kick ten fist attack eleven. Taekwondo Training Part 6 Taekwondo Poomsae Poomsae Overview. Tai Chi chapter three. Tai Chi Chapter IV of Taekwondo action routines of Tai Chi three to eight chapters Part 7 grade and assessment requirements. the Taekwondo division level Second. three of Taekwondo grade exam content. taekwondo grade school-based exam content IV Taekwondo...



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