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Karate Kids Connection-Tae Kwon Do Style: Tae Kwon Do Style

By Dennis W Barbeau

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Karate Kids Connection-Tae Kwon Do Style is an at-home Tae Kwon Do martial arts training program designed for everyone, ages 6 and older, and developed specifically for those who want to review what they are learning in their own Tae Kwon Do classes or for those who cannot afford monthly training fees and weekly after-care school costs. This is the first program of the first planned series of programs and shows the beginning basics of Tae Kwon Do, with easy-to-learn, step-by-step instructions. This first training book, DVD and video introduce the basic warm-up stretches (the same stretches which professional athletes use), aerobic and strength exercises, such as proper form for push-ups and sit-ups, the basic Tae Kwon Do fighting stances, introduction to basic counting in the Korean language, 10 blocking drills, punching techniques, and the first white belt form (poomse). In addition, the DVD/video and companion training books feature and describe how to perform the very popular Round-house kick, demonstrate and teach the first 1-Step self-defense technique as it is learned in class as well as its application...



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