# TAE KWON - DO TECHNIQUE

- · Basics
- Poomse(TaeGeuk 1-8, Palgwe 1-8, and all Black Belt Advanced)
- One Step Sparring
- Self Defense
- Breaking Technique
- Free Sparring
- Bag Training
- Against Weapons

Master Y. K. KII

# **Taekwon Do World Philosophy History Technique**

Y. H. Park, Yeon Hwan Park, Jeff Leibowitz

# Taekwon Do World Philosophy History Technique:

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