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## Taekwondo Kids: From White Belt to Yellow/Green Belt (2nd edition)

By Volker Dornemann, Wolfgang Rumpf

Meyer & Meyer Sport (UK) Ltd. Paperback. Book Condition: new. BRAND NEW, Taekwondo Kids: From White Belt to Yellow/Green Belt (2nd edition), Volker Dornemann, Wolfgang Rumpf, Taekwondo Kids - From White Belt to Yellow/Green Belt provides you with the first practical guide to the Korean Martial Arts System of Taekwondo and has been specially written with children and youths in mind. It serves as an accompaniment to training as well as providing an introduction to this particular sport. Using simple, easily understood language and numerous appropriate illustrations suitable for children and youths, all the exercises can be carried out or practiced further without any difficulty. Taekwondo Kids is written in the form of a course textbook. The individual sections of the book are arranged according to belt grade, and in addition to the comprehensive lead into the sport itself, all the respective techniques and exercise forms in Taekwondo are included for advancement to the next belt grade in the WTF (World Taekwondo Federation) System.

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