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## CHANGHEON-YU TAEKWONDO: FOUNDATION SYLLABUS



Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Changheon-yu Taekwondo is the style of Taekwondo practised by the International Taekwondo Federation (ITF). This handbook will assist you with the forms you need to learn as a grade (colour belt) student of Changheon-yu Taekwondo: Tenth Grade - Saju Jirugi Ninth Grade - Chonji Eighth Grade - Dan-gun Seventh Grade - Dosan Sixth Grade - Wonhyo Fifth Grade...

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- Authored by B T Milnes
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