



Chung-Gun and Toi-Gye of Tae Kwon Do Hyung

Jhoon Rhee

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Chung-Gun and Toi-Gye of Tae Kwon Do Hyung Jhoon Rhee

Directed toward blue belt, this volume explains the forms required to be promoted to brown belt. An at-aglance section with the movements in both hyung is included. Fully illustrated.



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