

TIGER CHUNGS TAE KWON DO

**Below is a redeemable coupon good for 1 FREE Lesson
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WHY TAE KWON DO?

Tae Kwon Do is the name of the martial art and international sport which has developed independently over about 20 centuries in Korea. The main feature of Tae Kwon Do is that it is a free-fighting combat sport using one's bare hands and feet to repel the opponent. The entire body is a weapon for a Tae Kwon Do practitioner. One is easily able to defend against an aggressor by use of hands, elbows, knees or feet. The practice of Tae Kwon Do gives an individual the mental attitude of modesty and generosity are fundamentally based on self-confidence, and are beneficial to the lives of individuals, as well as to their families, neighbors and nation.

CUT HERE



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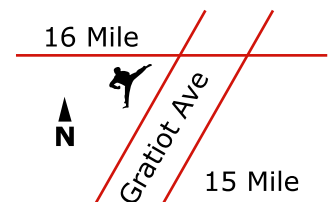


1 FREE! LESSON

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