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# THE COMPLETE IDIOT'S GUIDE<sup>®</sup> TO

"I am glad that experienced teachers like Ms. Eden and Master Yates have put together this book so students and prospective students can give themselves an education in this fascinating art..."

—Grandmaster  
Jhoon Rhee,  
"The Father of  
Tae Kwon Do in America"

# Tae Kwon Do

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- ◆ **Idiot-proof steps** for blocking, kicking, and punching
- ◆ **Down-to-earth advice** on self-defense in life-threatening situations



**Karen Eden and Keith Yates**

# Complete Idiots Guide To Tae Kwon Do

**LP Steffe**



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