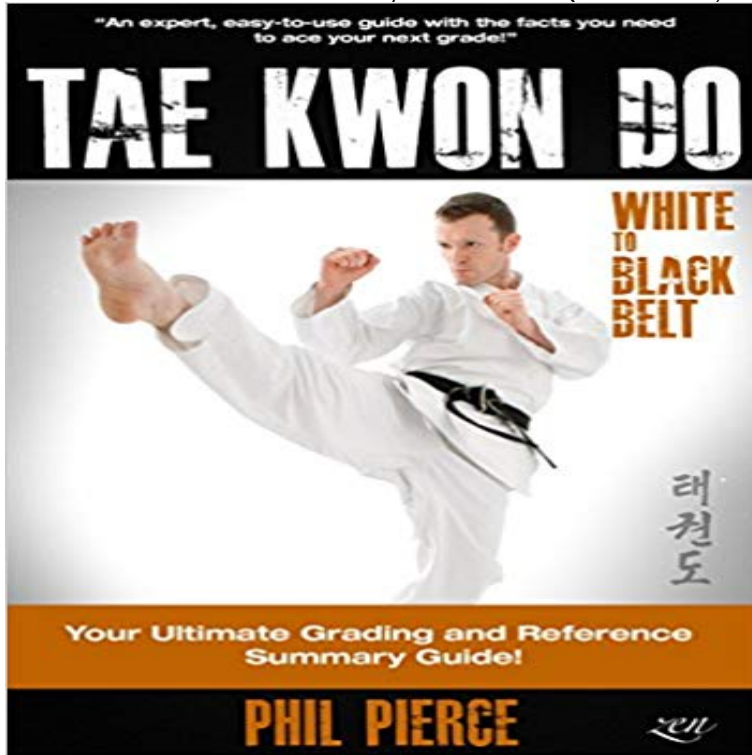


# TaeKwonDo - White to Black Belt: Your Ultimate Grading and Reference Summary Guide! (TAGB, ITF, Tae Kwon Do, Martial Arts)



The expert TaeKwonDo Guide to help you improve your training, blast through the belts, and pass each grade at the highest mark! Get your copy now! White to Black Belt Training How to develop Speed and Strength Grading requirements at each level Essential Code of Conduct and Top Tips Theory + meanings Practical and floor work requirements Korean terminology Patterns - step-by-step written guide Easy to follow + Free Bonus Book and more! An expert, easy-to-use guide with the facts you need to Ace your next grade! For ITF styles TAGB, GTUK and many more! This book has been developed with the input of Instructors, Referees, and high level black belts with a combined experience of over 100 years. All designed to answer the most common questions and make it easy for you to improve your training and reach for Black Belt when you are ready. You know what its like. You are at a grading, the pressure is on, your pulse is racing and everyone is watching. You start to wish you had spent that bit more time revising, that bit more time practicing... ..Well heres the answer! helping you take away those nerves and have rock solid confidence each and every grading!... Make the most of your training. Grab your copy now! \*Please note all Martial Arts training is subject to instructors discretion and content may vary by area. This book is a summary guide only and no substitute for in-class learning. This guide is a summary guide only and does not include illustrations of all techniques. Tags: Martial Arts, Taekwondo, Tae Kwon Do, Tae kwon-do, Tai Kwon Do, Self defense, self defence

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