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SONGDO-KWAN GONGSUDO: FOUNDATION SYLLABUS (PAPERBACK)



Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Songdo-kwan Gongsudo (also written Kongsudo, Kong Soo Do) is the Korean variation of Shoto-kan Karate-do. It contributed to the development of Taekwondo, and is still practised at a few schools around the world. This handbook takes you through forms you need to learn as a grade (colour belt) student of Songdo-kwan Gongsudo: Tenth Grade - Kibon Ninth Grade...

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- Authored by B T Milnes
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