



The Way of Traditional Taekwondo: Volume A Philosophy and Tradition

By Haeng Ung Lee

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Eternal Grand Master Haeng Ung Lee describes the historical and philosophical underpinnings of the Songahm style. He also explains the purpose of various aspects of Taekwondo training, from the physical movements (strikes, blocks, kicks and stances) to rituals and ceremonies like rank testings and tournaments.

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