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combination of original material and information collected from various Tang Soo Do sources. The information has been gathered during our 30 years of instructing and working with numerous associations

On-Line Manual – Precision Tang Soo Do | Korean Style Karate

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Tang Soo! 2020 Tournament Cancelled... As you know, this year's tournament, hosted by GM Giacobbe, has been cancelled owing to the current Covid pandemic. In better news, we've already booked the same venue for Saturday October 16th 2021. We've missed our trips to tournaments and training sessions both in the UK and overseas and can't wait to get back on the road again. Let's hope we can all ...

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Welcome to Mercia Tang Soo Do, Thank you for choosing to join us to learn martial arts. In this student manual you will find all the information you need to begin your journey, it will help you to start to understand some of what goes on in martial arts and a brief insight to Tang Soo Do. I Hope you enjoy training with us.

Tang Soo Do

This reference book is the result of eight years of research into the history of Korea and the martial art style of Tang Soo Do (Moo Duk Kwan). The manual covers the 19 forms of the art, from white belt to black belt (fourth Dan Master Instructor grade), explaining in detail the various moves in each form with the aid of photographs.

Tang Soo Do: The Ultimate Guide to the Korean Martial Art ...

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Three principles are the foundation of Tang Soo Do. They DUH3URIHVVLQRDOLVP%URWKHUKRRGDQG7UDGLWLRQRDOLVP7KLV manual is a guiding light to help you in all areas of your life. You will need to focus your energy, remain disciplined in your training, and maintain a humble manner.

Recommended by the medical profession worldwide, this revolutionary stand allows everyone to have hands-free reading anywhere and at any time, enabling perfect posture while working at a desk, cooking, studying or sitting up in bed. READEZY has ultimate stability and can sensibly fold flat into a neat and compact package. No more awkward positions, eyestrain, tired arms or neck and back pain.

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