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Mon, 16 Apr 2018 02:02:00 GMT taekwondo kicks training pdf - Taekwondo is characterized by its emphasis on head-height kicks, jumping and spinning kicks, and fast kicking techniques. In fact, World Taekwondo sparring competitions award additional points for strikes that incorporate spinning kicks, kicks to the head, or both. Sun, 15 Apr 2018 06:43:00 GMT Taekwondo - Wikipedia - A World Class Taekwondo and Martial Arts School in Burlington Grand Master Tommy Chang Black Belt World Burlington is located at 5040 Mainway, previously known as Kicks for Kids Martial Arts: Burlington

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