



Social sports instructor National Vocational Qualification training materials: Taekwondo (dedicated to the sports industry. national vocational qualification certification) (Chinese Edition)

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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2010 Pages: 381 in Publisher: Higher Education Press. national vocational qualification of social sports instructor training materials: Taekwondo (dedicated to the sports industry. national vocational qualification) is based on national vocational qualification certificate system requirements Taekwondo ability of social sports instructors. as well as social sports instructor National Institute for Occupational Standard requirements and compiled. The book is divided into 10 chapters. including Tae Kwon Do Overview. Taekwondo Poomsae technology. Taekwondo Sparring. Self Defense and break. Taekwondo Athletic technology. the use of the principles and techniques of Tae Kwon Do. Taekwondo competitive tactics. taekwondo athlete's body weight control and sports injury prevention and processing. of taekwondo teaching and training. the organization of the Taekwondo competition rules with the referee method Taekwondo club business and management. Social sports instructor national vocational qualification training materials: Taekwondo (dedicated to the sports industry. national vocational qualification) with the social sports

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