



# **Tae Kwon Do Classic Forms: 21 Hyung--Novice White Belt through Advanced Black Belt**

*Ted Hillson*

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Forms are the central curriculum of Tae Kwon Do. Developing a repertoire of effective techniques to battle multiple opponents is essential to becoming a true martial artist.

Inside these covers are detailed descriptions for 21 classic Tae Kwon Do forms--fully illustrated, move by move. The author analyzes various actions, reactions, and combinations for their purpose and intention.

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