



# The Ancient Martial Art of Hwarang Do - Volume 1

*Joo Bang Lee*

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## **The Ancient Martial Art of Hwarang Do - Volume 1** Joo Bang Lee

This book is the first in a series regarding the martial art of Hwa Rang Do. This book is the foundation of this series, and includes concepts, theories, and historical information. This book also conatins Hwa Rang Do stances, striking techniques, kicking techniques, and applications. This book contains detailed photos of these techniques and applications.

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