

MEYER  
& MEYER  
SPORT

**SPRING 2021**

# MEYER & MEYER

**THE SPORTS  
PUBLISHER**





# SPRING 2021

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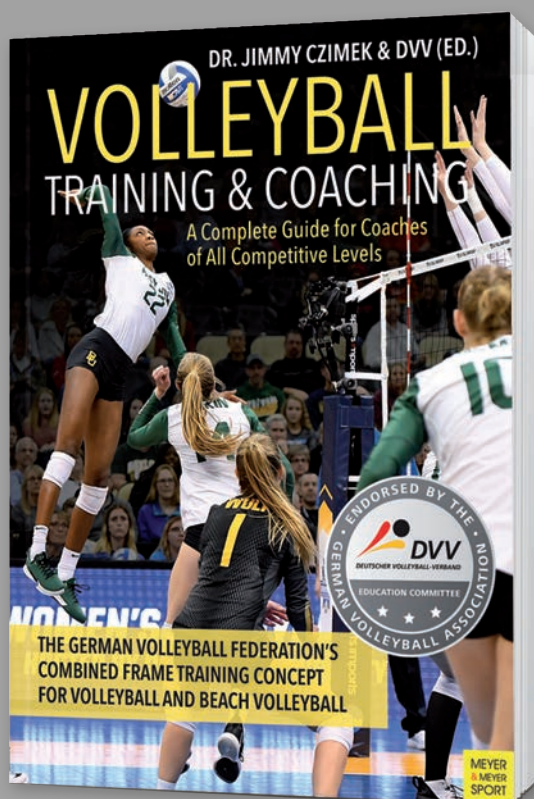
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# VOLLEYBALL TRAINING & COACHING

AUGUST 2021

## A COMPLETE GUIDE FOR COACHES OF ALL COMPETITIVE LEVELS



Working in close cooperation with numerous top German volleyball coaches and other experts, lead author and editor Dr. Jimmy Czimek has developed a guideline that forms the training basis for all youth and junior volleyball and beach volleyball divisions from U12 to U23, which he presents here in *Volleyball Training & Coaching*.

This book is comprehensive, covering not only technique, tactics, and athletic training, but also training plans, coaching, match observation, psychological training, and nutrition. In terms of combined training, it blends the simultaneous development of the athlete in both volleyball and beach volleyball. It is also the first handbook of its kind as it presents all game systems in the small-sided games 2v2 (U12), 3v3 (U13), 4v4 (U14), and finally, 6v6 (U16 to adult).

*Volleyball Training & Coaching* is the complete training book for all volleyball coaches!

**DR. JIMMY CZIMEK** is a certified PE teacher and certified coach and a university lecturer for volleyball and beach volleyball at the German Sport University Cologne. He is head of and main instructor for the German Volleyball Association's (DVV) training for the A-license for volleyball; coordinator and main instructor for volleyball at the Trainer Academy Cologne for the DVV; and longtime trainer of the DSHS SnowTrex Cologne team in the 2nd Bundesliga division. He is the former co-coach of the German women's national team; former head coach of the 1st Bundesliga women's team; as well as a former elementary school teacher.



640 p., in color  
900 photos, 120 illus.  
Paperback, 8.5" x 11"

ISBN: 9781782551959

**\$ 49.95 US/  
£ 45.00 UK/€ 49.95 EUR**



# CALISTHENICS & MOBILITY

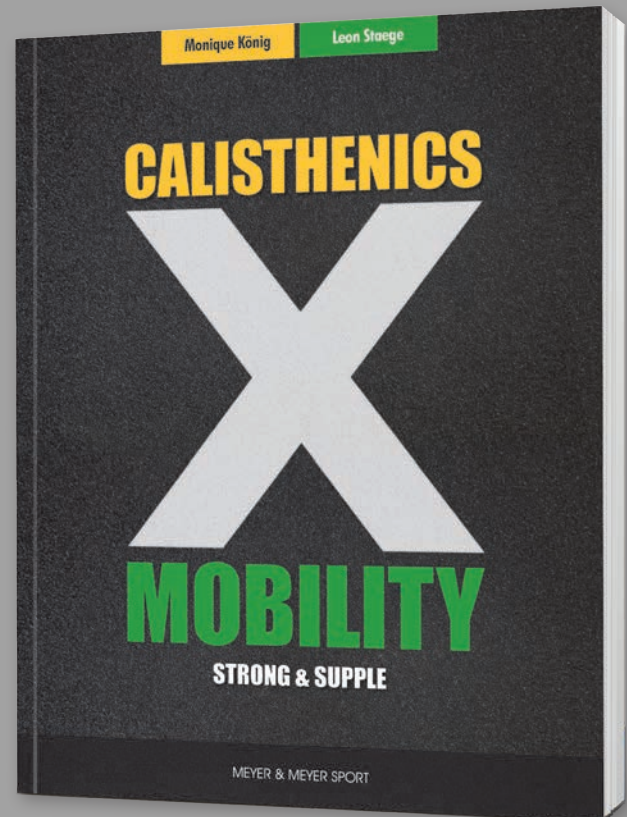
## STRONG & SUPPLE

JUNE 2021

Calisthenics and mobility training are proven to develop strength and agility without the risk of injury, and with the tips, advice, and exercises provided in this book, anyone can redefine their bodies to become strong and supple.

The authors have combined the best strength-training methods with modern mobility training, meaning the reader will become strong through pull-ups, push-ups, and dips while remaining supple with active stretching. With mobility training, the reader will focus on movement and range of motion. Better mobility means more strength, and combining these two aspects of training will lead to the best and fittest version of one's self.

The book is written by Germany's first female calisthenics coach, Monique König, and mobility expert and founder of Moving Monkey®, Leon Staeger.



**MONIQUE KÖNIG** currently works as a freelance calisthenics trainer and trainee teacher at a primary school in Germany. She studied elementary school teaching with sport as a minor and calisthenics for children as her focus, and graduated with a master's degree in 2017. She seeks to have calisthenics widely integrated into school curriculum.



**LEON STAEGE** played soccer for many years. He studied physiotherapy in Cologne and founded the online education platform, Moving Monkey®, which helps people integrate mobility into their everyday lives. He works with numerous athletes and gives workshops on mobility.



272 p., in color

303 photos

Paperback, 6.5" x 9.5"

ISBN: 9781782552154

\$ 24.95 US/

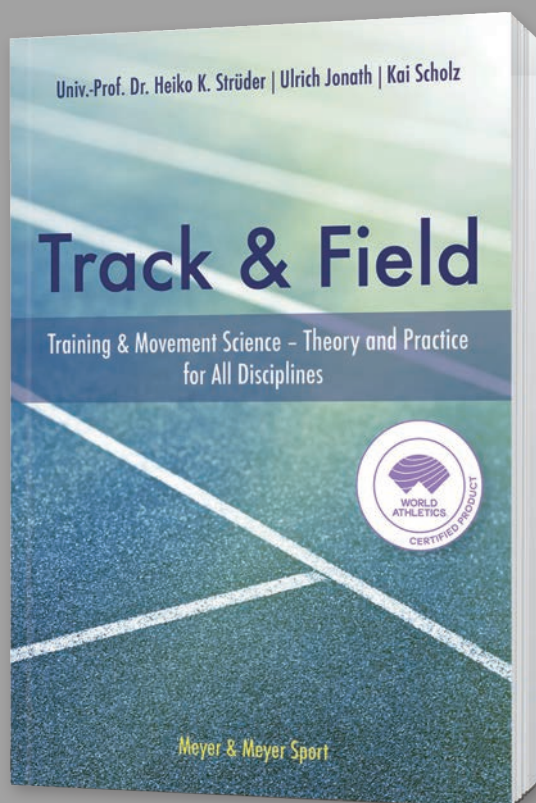
£ 22.50 UK/€ 24.95 EUR



# TRACK & FIELD

OCTOBER 2021

## TRAINING & MOVEMENT SCIENCE – THEORY AND PRACTICE FOR ALL DISCIPLINES



This is the official World Athletics (WA) Track & Field book and the most comprehensive guide on track & field currently available.

The book outlines the cross-disciplinary aspects of training in detail and presents the information as small training theory which can also enhance the understanding of the special training and movement theory of the various disciplines. The reader will be introduced to the basics of training theory, such as main motor stress forms; adaptation and performance; training control; training methods; and general training concepts. The comprehensive training content also includes 96 games and exercises for coordination, flexibility, and strength development. Also presented in the book are comparisons of disciplines, history of training, competition rules, phase structure, and technique, all backed by sports science.

It is a textbook for all athletes, coaches, trainers, sport students and teachers from youth athletics to high-performance training.

**PROF. DR. HEIKO STRÜDER** is the head of the Institute for Movement and Neuroscience at the German Sport University Cologne and chair of the Training and Movement Theory of Individual Sports.

**ULRICH JONATH** is the former head of athletics at the German Sport University Cologne as well as a lecturer at its Trainer Academy. He is the training instructor for WA and national trainer for the German Track & Field Association (DLV).

**KAI SCHOLZ** has a diploma in sport sciences. He is an A-level coach for the German Track & Field Association (DLV) and is on the board of education and teacher of athletics at the German Sport University Cologne.



920 p., 2-color

900 illus.

Hardcover, 6.5" x 9.5"

ISBN: 9781782552222

**\$ 65.00 US/  
£ 60.00 UK/€ 65.00 EUR**



# GALLOWAY'S HALF MARATHON TRAINING

APRIL 2021

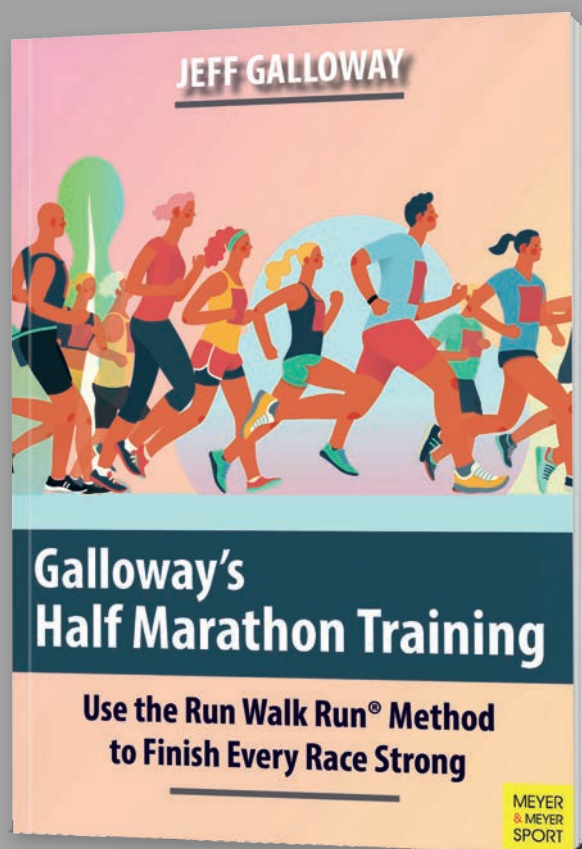
## USE THE RUN WALK RUN® METHOD TO FINISH EVERY RACE STRONG

For any runner considering training for a half marathon, author Jeff Galloway can help them prepare to train, enjoy training, and cross the finish line strong.

In this book, the author outlines for each runner how to select a realistic goal and what workouts to use to best prepare for the race. He includes tips for staying motivated while at the same time eliminating aches, pains, and injuries. He also assures the runner that his training will not consume the runner's time so that they can train successfully while still enjoying other aspects of life.

The author's successful and unique run-walk-run training method has helped thousands of average people train for half marathons, even if they have never run before. Using this program even veteran runners can improve their personal bests.

With this book, every runner will be given a step-by-step guide on setting up their training each week so that they will finish the half marathon strong.



**JEFF GALLOWAY** was an average teenage runner who kept learning and working harder until he became an Olympian. He is the author of the bestselling running book in North America (*Galloway's Book on Running*) and was a *Runner's World* columnist for more than 20 years, as well as an international speaker for more than 200 running and fitness sessions each year. He has worked with more than 400,000 average people training for specific goals. Galloway is the designer of the walk-run, low-mileage marathon training program, Galloway Run Walk Run®, that has an over 98% success rate.



6th edition

216 pages, in color

30 photos

Paperback, 6.5" x 9.5"

ISBN: 9781782552208



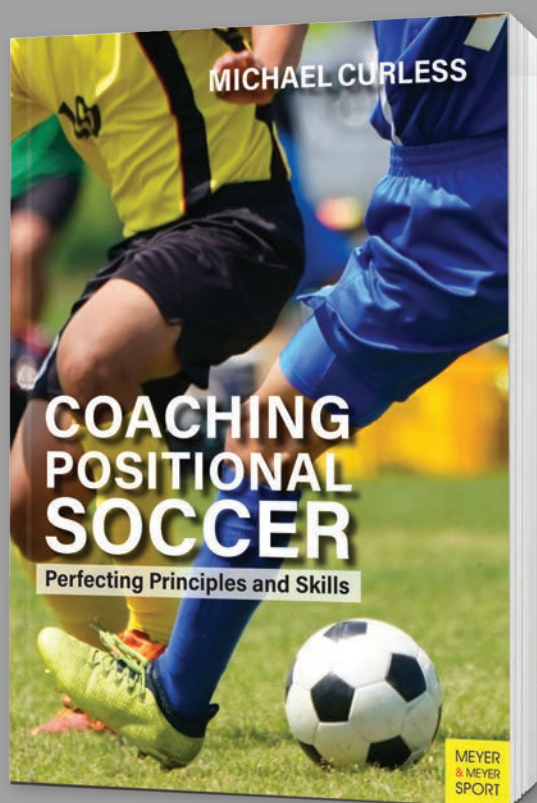
**\$ 16.95 US/  
£ 14.95 UK/€ 16.95 EUR**



# COACHING POSITIONAL SOCCER

APRIL 2021

## PERFECTING PRINCIPLES AND SKILLS



Coaching soccer can be challenging to both the beginner and advanced coach, but a modern and adaptive soccer playing style can be developed as players progressively acquire specific tactics and technical skills. Step-by-step, essential soccer lessons can be learned and then combined to build up a complex playing method.

This positional coaching approach teaches players how to create, exploit, and defend spaces on the soccer field by using core playing principles. Players who understand these principles will have the ability to quickly adjust from one game moment to the next regardless of circumstances, strategy, or formation.

The provided comprehensive practice plans will make practice planning a straightforward process throughout the season. Using the best teaching approaches and coaching interventions will also improve coaching confidence and accelerate player and team development.

*Coaching Positional Soccer* provides complete soccer coaching education and is perfect for every coach.



**MICHAEL CURLESS** has coached and participated in all levels of youth soccer for the past 35 years. He grew up playing soccer at a high level in the US before moving to Europe to play. After returning to the US, Michael earned his doctorate in clinical psychology, as well as his USSF A coaching soccer license. Currently, Michael splits his time between soccer coaching and his private psychology practice.



248 p., in color

120 illus.

Paperback, 6.5" x 9.5"

ISBN: 9781782552147

**\$ 19.95 US/  
£ 16.95 UK/€ 19.95 EUR**



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# THE MENTAL GAME

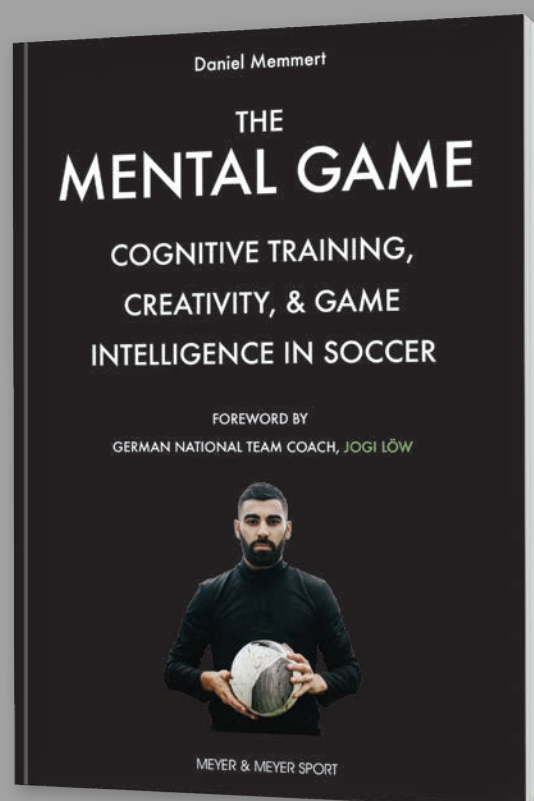
## COGNITIVE TRAINING, CREATIVITY, AND GAME INTELLIGENCE IN SOCCER

AUGUST 2021

Not only are top players like Kevin De Bruyne or Luka Modric able to perceive everything that is happening around them, but they are also able to foresee the next game situations and react to them. This “mental speed” lays the foundation to building master performances in extremely complex game situations.

*The Mental Game* outlines a theoretical framework in which anticipation, perception, attention, and memory processes play a big role in helping coaches and players better understand complex game situations and how to react in them. It also provides practical examples and more than 70 games for training sessions that will develop players’ cognitive abilities.

With sharper minds, players will win the mental game and become better players on the field.



**PROF. DR. DANIEL MEMMERT** is managing director for the Institute for Exercise Training Science and Computer Science at the German Sports University in Cologne. His main research areas are movement science, sport psychology, and sport informatics. He holds trainer licenses in soccer, tennis, snowboarding, and alpine skiing and is the author of books on modern soccer training. In addition,

he cooperates with national and international professional clubs, the German national team, and DAX companies and has organized the first international continuing education master’s program in Match Analysis.



192 p., in color

91 illus.

Paperback, 6.5" x 9.5"

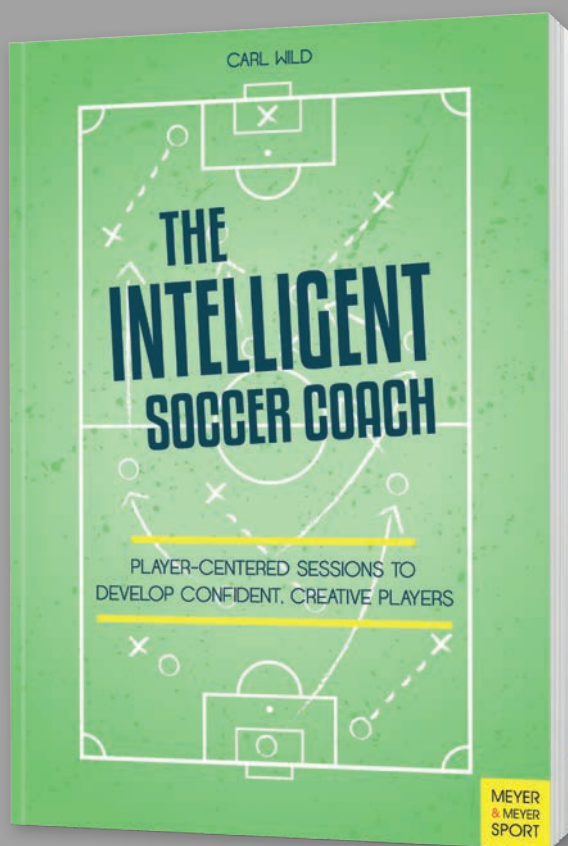
ISBN: 9781782552215

**\$ 19.95 US/****£ 16.95 UK/€ 19.95 EUR**

# THE INTELLIGENT SOCCER COACH

SEPTEMBER 2021

## PLAYER-CENTERED SESSIONS TO DEVELOP CONFIDENT, CREATIVE PLAYERS



With this book, coaches are given the necessary knowledge to plan and deliver player-centered practices that are both relevant and realistic to the game. These practices will challenge players as well as encourage them to be creative, independent decision-makers.

A range of different practices are provided, which can be used as given or easily adapted to meet players' needs. These practices can be used to develop a range of playing skills and can even be combined to create sessions for a complete training curriculum for the season. Finally, with this book, coaches will gain a better understanding of the crucial role that they play in the players' long-term development, helping them to appreciate the skills they already have while identifying other areas in which to improve.

*The Intelligent Soccer Coach* is a book that coaches will return to time and again for inspiration and ideas that will ensure both the coach and the players continue to develop.



**CARL WILD** is an experienced soccer coach. He is currently the Foundation Phase Lead for one of the prominent WSL clubs in England. Carl also has experience coaching grassroots soccer and supporting grassroots coaches with the English Football Association. Having previously been a coach mentor, he is now a tutor, delivering on several of the English Football Association's coaching courses. Carl also has a MSc in Sport Performance Coaching, and he is the program leader and lecturer for a BA (Hons) in Football Coaching and Management course.



208 p., in color

90 illus.

Paperback, 6.5" x 9.5"

ISBN: 9781782552253

**\$ 19.95 US/****£ 16.95 UK/€ 19.95 EUR**

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# THE SOCCER COACH'S TOOLKIT

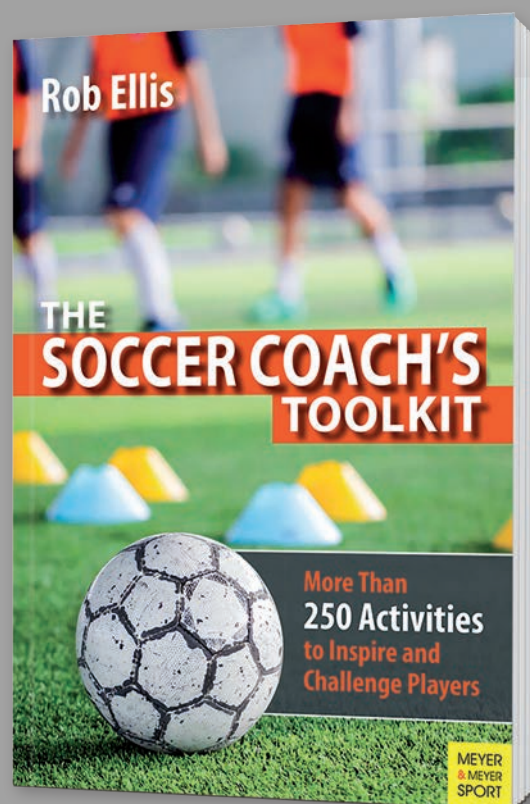
SEPTEMBER 2021

## MORE THAN 250 ACTIVITIES TO INSPIRE AND CHALLENGE PLAYERS

Here, soccer coaches will find a wealth of coaching activities to improve, stimulate, and provide enjoyment for players of all ages and abilities. Drawing on more than 20 years of soccer coaching and PE teaching experience, the author has provided only those activities he has successfully used time and again to engage and inspire his players.

Each activity is graded from beginner to advanced, and they foster fresh ideas to coach the main techniques and tactics of soccer. The more than 250 coaching activities are also accompanied by an easy-to-understand description and diagram; the activities require only basic coaching equipment and can be adapted to challenge players of varying ability levels and needs. Coaches can use the activities to create one-off sessions for their players or use the activities to deliver regular sessions as part of a competitive training program.

It is ideal for grassroots and elite youth soccer coaches and will enhance both the players' and team's development.



**ROB ELLIS** is a UEFA B License soccer coach, and he currently works for Chelsea FC Foundation. He has been coaching junior and adult players for more than 20 years and has worked for professional and semi-professional clubs in the UK. Rob is also a qualified PE teacher and has taught in secondary schools for 12 years. He has a 1st class honors degree in Sport Sciences and studied, played, and coached alongside elite level soccer players. He currently lives in London.



216 p., in color  
15 photos, 260 illus.  
Paperback, 6.5" x 9.5"

ISBN: 9781782552178

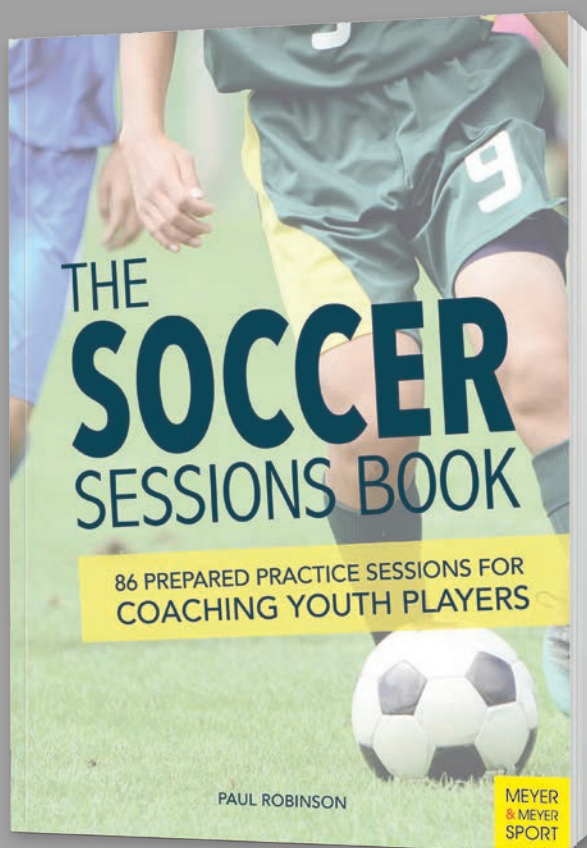
**\$ 22.95 US/  
£ 19.95 UK/€ 22.95 EUR**



# THE SOCCER SESSIONS BOOK

AUGUST 2021

## 86 PREPARED PRACTICE SESSIONS FOR COACHING YOUTH PLAYERS



With this book, soccer coaches need not scramble to prepare their practice sessions because they will find a wide variety of training sessions for developing their youth players right here. And the sessions are all adaptable, making them suitable for players ages 10 and up, at any playing ability.

In the book, the reader will find coherent, structured 60- to 90-minute sessions plans. The work of constructing training sessions has already been done. The clearly defined session titles enable the reader to quickly identify the ideal training session, its purpose, and its proposed outcomes.

All the sessions facilitate progressive learning, enabling coaches to develop their players successfully. Also included with each session are questions and challenges meant to help the coach monitor and assess players' progress.

With this book, all soccer coaches will have at their fingertips the most suitable training sessions to develop winning players.



**PAUL ROBINSON** is an experienced soccer coach with FA level 3 (UEFA B) and FA Youth Award qualifications. He has previously coached players ages 7 through 21 from foundational to professional development phase. He has also coached in different environments, including a diverse socio-economic American Summer Camp, grassroots teams, and at Regional Talent Clubs.



184 p., in color

261 illus.

Paperback, 8.5" x 11"

ISBN: 9781782552192

**\$ 16.95 US/  
£ 14.95 UK/€ 16.95 EUR**



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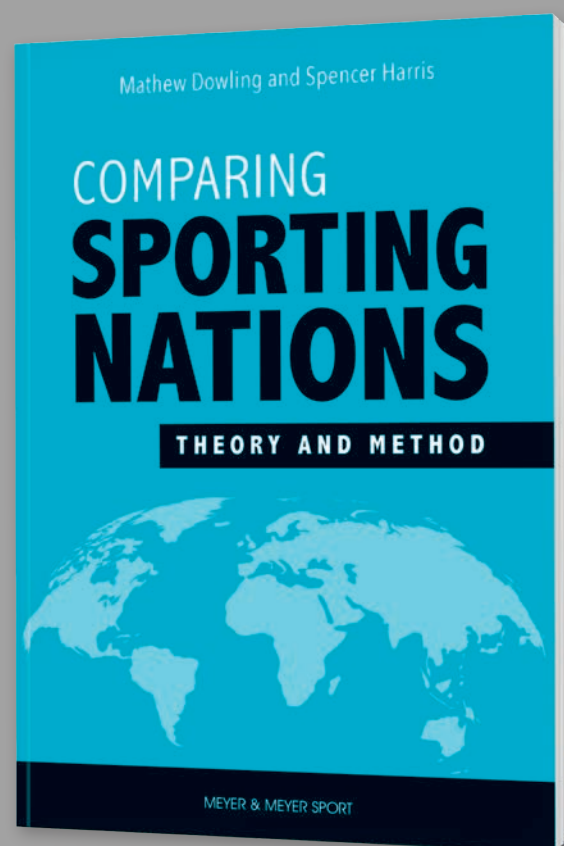
# COMPARING SPORTING NATIONS

## THEORY AND METHOD

APRIL 2021

It is the essence of human nature to compare. Nowhere are comparisons more commonplace than in sport. This book focuses specifically on the comparison of sporting nations. Making meaningful comparisons (i.e. comparing the similarities and differences between social phenomena based upon empirical observation) is difficult and faces a host of methodological limitations, trade-offs, and practical compromises.

Still, there also remains no introductory texts that outline the philosophical, methodological and practical challenges of comparative analysis as it applies to sport. This book is the first of its kind to provide a comprehensive overview of the theory and method of comparing sporting nations illustrated through specific examples and case studies drawn from the comparative elite sport policy/management domain. In doing so, the book provides an important point of departure and reference for anyone seeking to making comparisons and to generate more focus and attention towards the logic of comparative inquiry and methodology within sport.



**DR. MATHEW DOWLING** is a senior lecturer at the Cambridge Centre for Sport and Exercise Sciences at Anglia Ruskin University, UK. His current research interests focus on the application of organisational and political theory to understand sport organisations and systems. He is widely published in sport policy and politics, organisational change, systemic governance, professionalisation and comparative methods in sport.



**DR. SPENCER HARRIS** is an associate professor of Sport Management at the University of Colorado, US. He has more than 30 years of experience within the sport development industry. His research interests are in sport governance and, specifically, the sport-politics-power relationship.



216 p., b/w

4 illus.

Paperback, 6.5" x 9.5"

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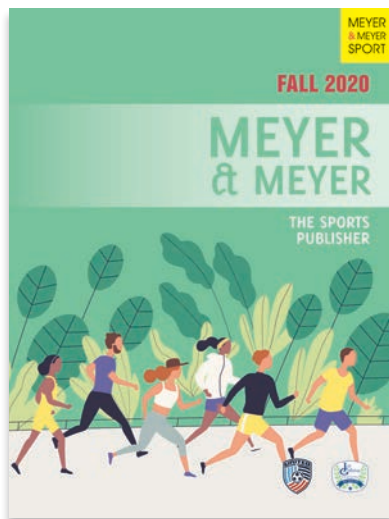


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We look forward to hearing from you!



Spring 2021



Fall 2020



Spring 2020

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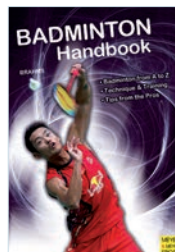
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## MATHEW DOWLING

Twitter: @matdowling

## THE PHILOSOPHY OF THE GAME

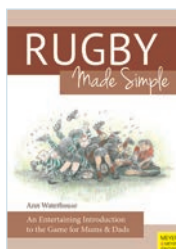
Badminton is one of the fastest sports in the world, and a smash by a Chinese player has been measured at 206 miles per hour, faster even than a golf ball. Just as badminton has grown in popularity around the world in the past 20 years, and has now been recognized as an Olympic Sport, the sport itself has also changed a great deal.



### Bernd-Volker Brahm BADMINTON HANDBOOK Training – Tactics – Competition

This compact, groundbreaking training manual gives the reader an overall insight into the world of badminton. Training theory and background information about the sport and its stars relate the excitement of this sport.

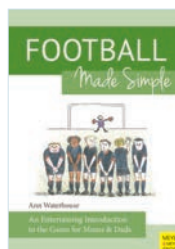
2nd edition, 192 p., in color, 187 photos, 25 illus., paperback, 6 1/2" x 9 1/4"  
ISBN: 9781782550426  
\$ 18.95 US/£ 14.95 UK/€ 18.95 EUR



### Ann Waterhouse RUGBY MADE SIMPLE An Entertaining Introduction to the Game for Mums & Dads

If you will be cheering on a rugby touch line this winter, but are still mystified by the antics on the pitch, this is the book for you.

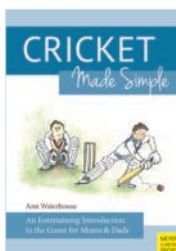
96 p., in color, 44 illus., paperback, 5 3/4" x 8 1/4"  
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### Ann Waterhouse FOOTBALL MADE SIMPLE An Entertaining Introduction to the Game for Mums & Dads

If you have a footballer in your life, but don't understand the game at all, then this is the book for you.

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### Ann Waterhouse CRICKET MADE SIMPLE An Entertaining Introduction to the Game for Mums & Dads

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### Graeme Copas THE RUGBY WORLD CUP 2019 BOOK Everything You Need to Know About the Rugby World Cup

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### Enrique TOPO Rodríguez RUGBY: THE ART OF SCRUMMAGING A History, a Manual and a Law Dissertation on the Rugby Scrum

*The Art of Scrummaging* is an authoritative work on scrummaging, covering every conceivable aspect from history, technique, safety and physical conditioning to scrum law.

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### Bompá/Claro PERIODIZATION IN RUGBY

Rugby is a sport of technical finesse, tactical boldness and complex physical development. This book presents principles for good physical conditioning, explains the physiological demands of rugby, and address concepts like power, speed, and endurance.

224 p., b/w, 69 photos, 100 illus., paperback, 6 1/2" x 9 1/4"  
ISBN: 9781841262536  
\$ 24.95 US/£ 14.95 UK/€ 19.95 EUR



### Michael Curless COACHING POSITIONAL SOCCER Perfecting Principles and Skills

This book uses a positional approach to provide tactical philosophy, neuromuscular technical skill training, and season-long periodized practice plans to develop players. The methods are suitable for the beginner and advanced coach.

248 p., in color, 215 illus., Paperback, 6.5" x 9.5"  
ISBN: 9781782552147  
\$ 19.95 US/£ 16.95 UK/€ 19.95 EUR

NEW



### Rob Ellis THE SOCCER COACH'S TOOLKIT More Than 250 Activities to Inspire and Challenge Players

Gives soccer coaches more than 250 high-quality activities for all age ranges and playing abilities that can either be used as one-off sessions for player development or as part of a competitive training program and are proven to develop players.

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ISBN: 9781782552178  
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NEW

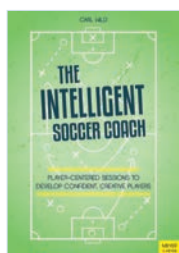


**Paul Robinson**  
**THE SOCCER SESSIONS BOOK**  
 86 Prepared Practice Sessions for Coaching Youth Players

NEW

With 86 progressive session plans for players of any age and playing ability, this book removes all the stress from coaching soccer. Using structured training sessions in their own practices, coaches will develop winning players.

184 p., in color, 261 illus., Paperback, 8.5" x 11"  
 ISBN: 9781782552192  
 \$ 16.95 US/£ 14.95 UK/€ 16.95 EUR

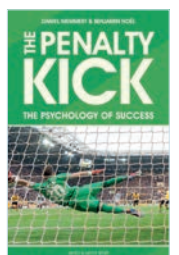


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**THE INTELLIGENT SOCCER COACH**  
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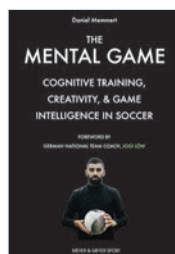
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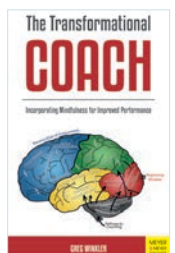


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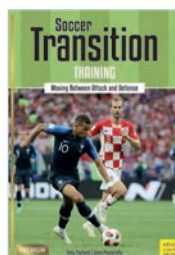
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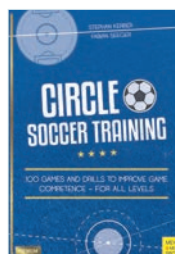
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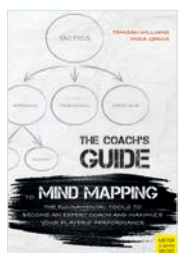
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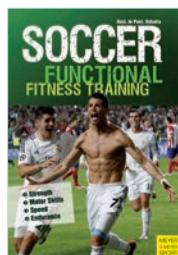
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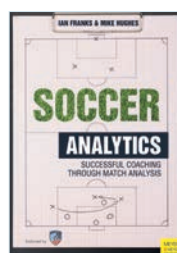
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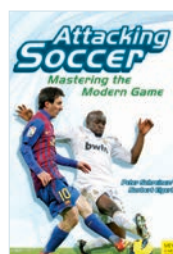
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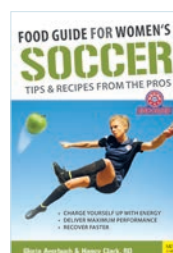
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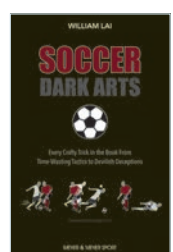
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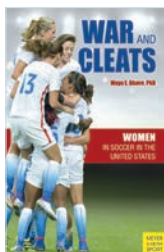
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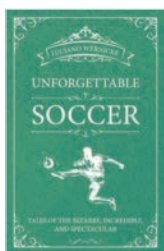
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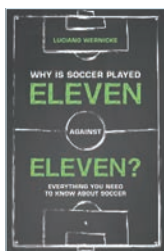
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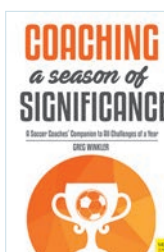
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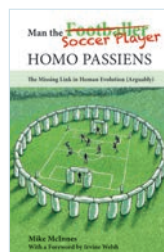
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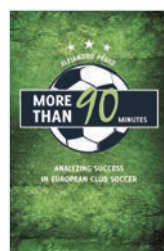
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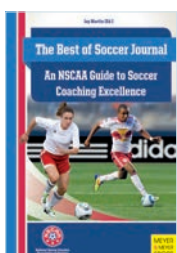
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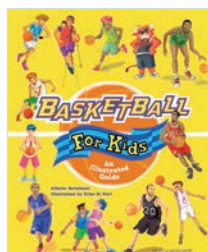
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Alex and his teammates love to play soccer. But why are there more referees at their games this season waving silly flags and stopping them right before they go in to score a goal? This fully illustrated storybook is intended to help youth soccer players understand what it means to be in an offside position.

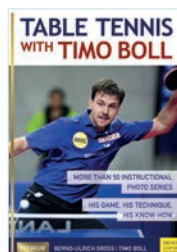
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**More Than 50 Instructional Photo Series.**  
**His Game, His Technique, His Know-How**

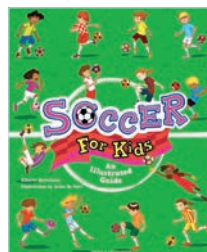
This table tennis tutorial enables readers to take their game to the next level. It includes numerous tips on technique, tactics, and much more from Timo Boll, the most successful German table tennis player of all time.

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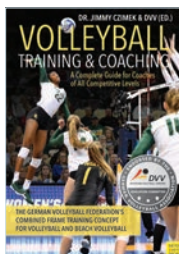
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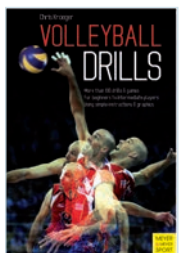


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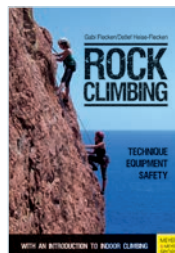
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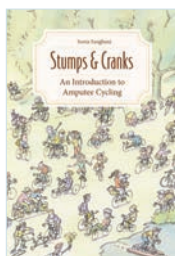
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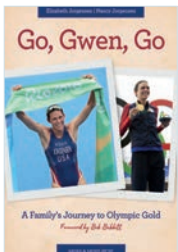
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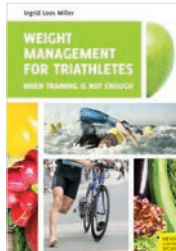
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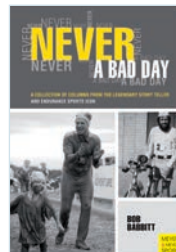
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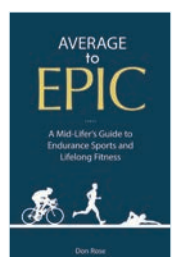
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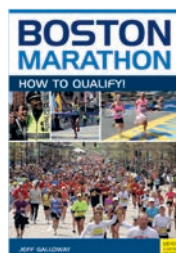
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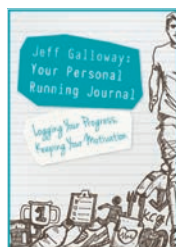
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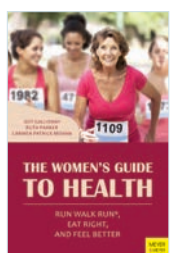
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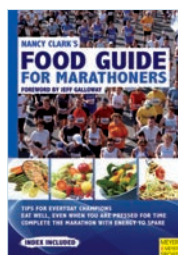
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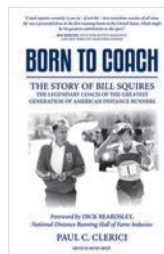
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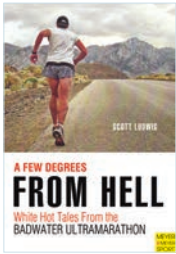
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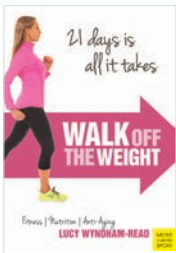
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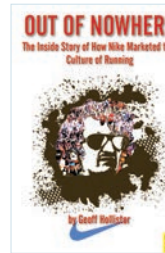
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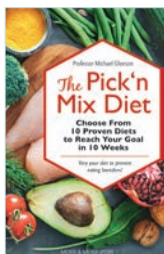
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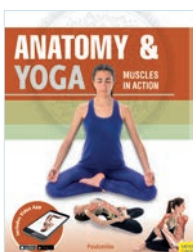
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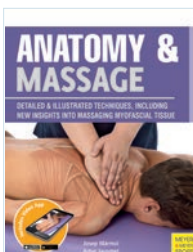
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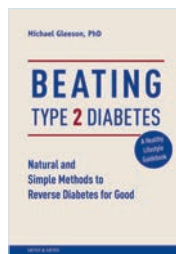
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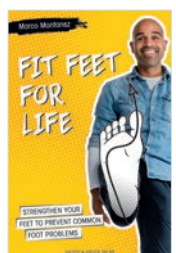
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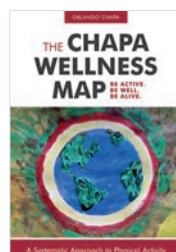
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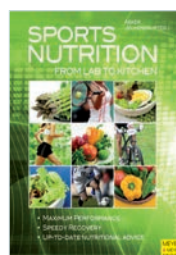
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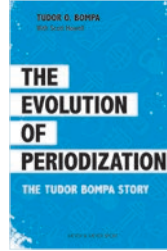


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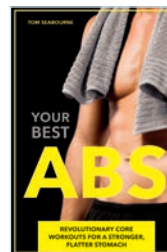
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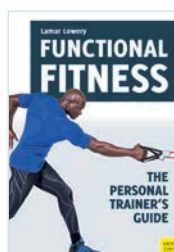


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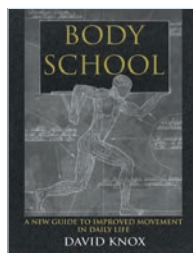
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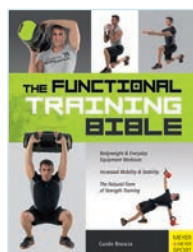
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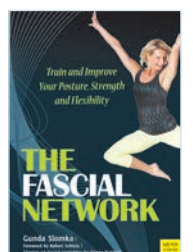
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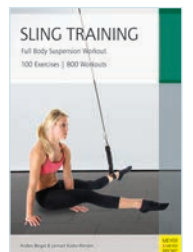
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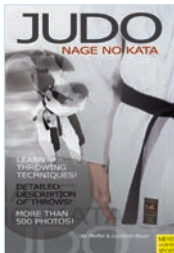
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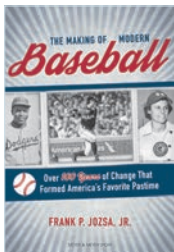
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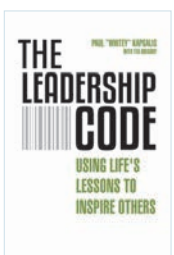
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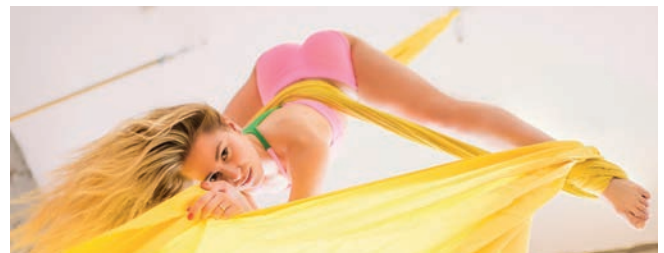
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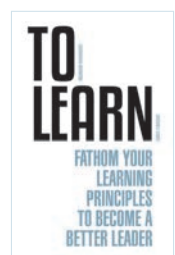
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## TAEKWONDO

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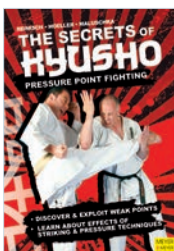
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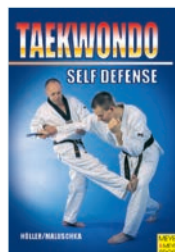
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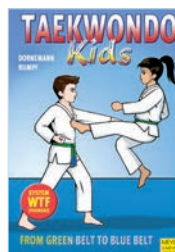
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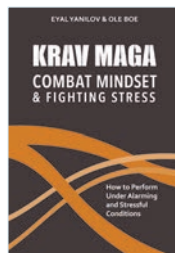
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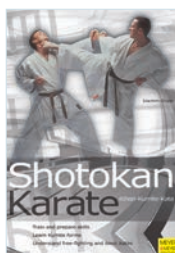
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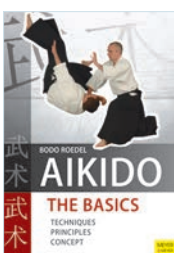
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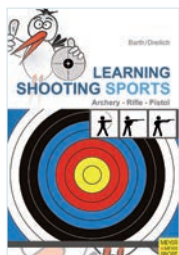
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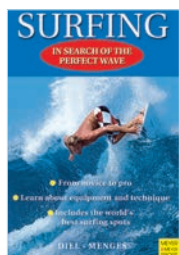
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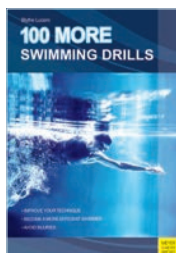
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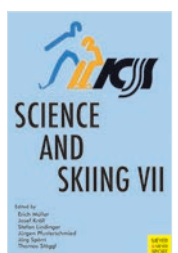
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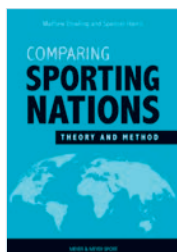


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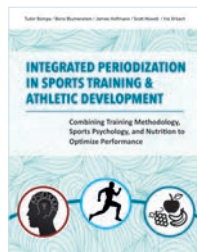
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