

THE MAGAZINE FOR TODAY'S TOTAL MARTIAL ARTIST

**KICK**  
ILLUSTRATED

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## Joo Bang Lee Grandmaster of Hwarang-Do:

Ancient Korean Art of  
Curing & Killing

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**Special Technical /  
Instructional Issue!**

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**Free-Style Kata:**  
Moving Expressionism

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**What Good Are  
Karate Basics?**

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**Sparring  
Methods to  
Build  
Awareness**

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**How to  
Treat  
Injuries**

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**Taking  
Heads:**  
Samurai Way of  
Collecting Trophies

