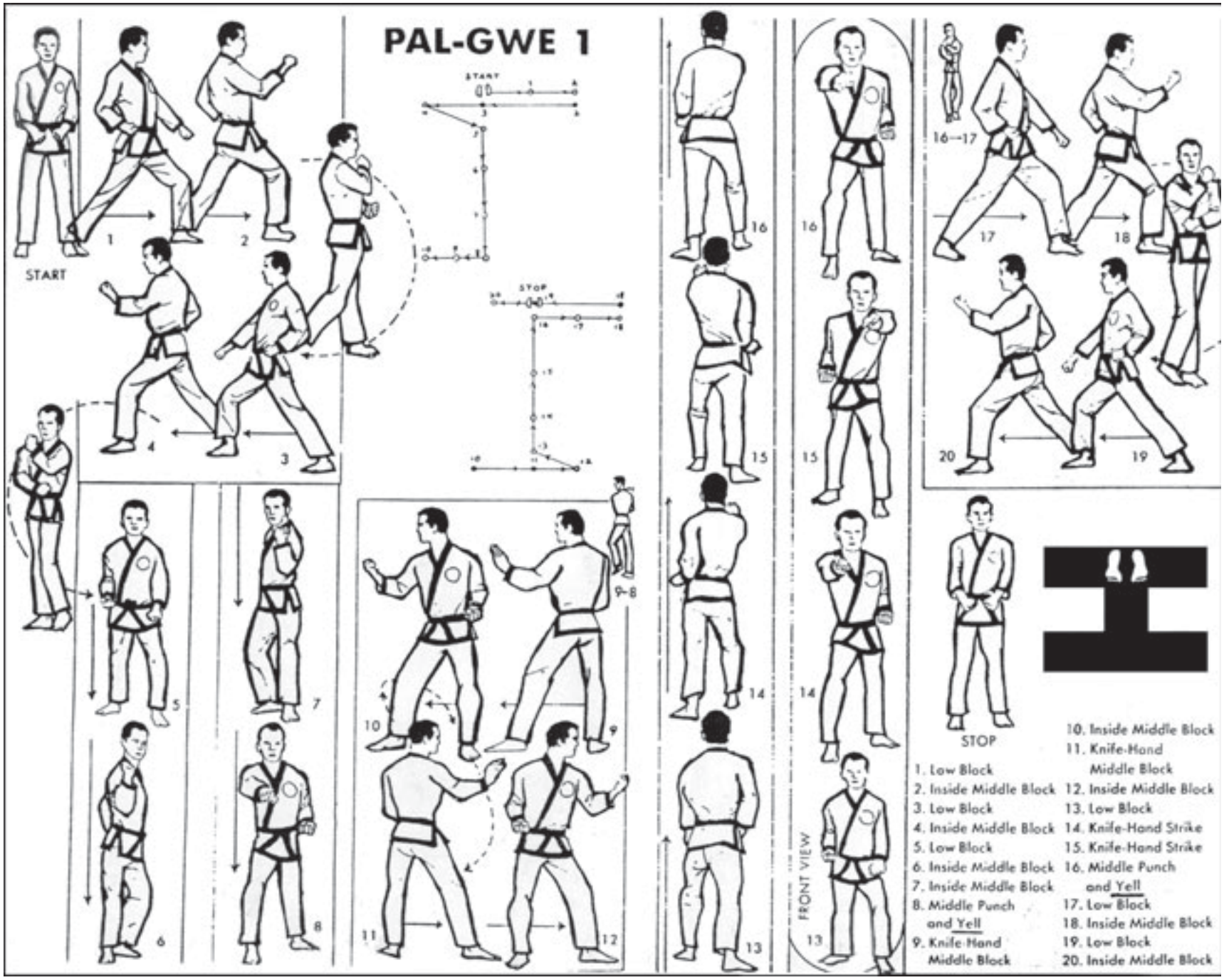(from *"Tae Kwon Do: The Korean Martial Art"*
Richard Chun; HarperCollins, 1976.)