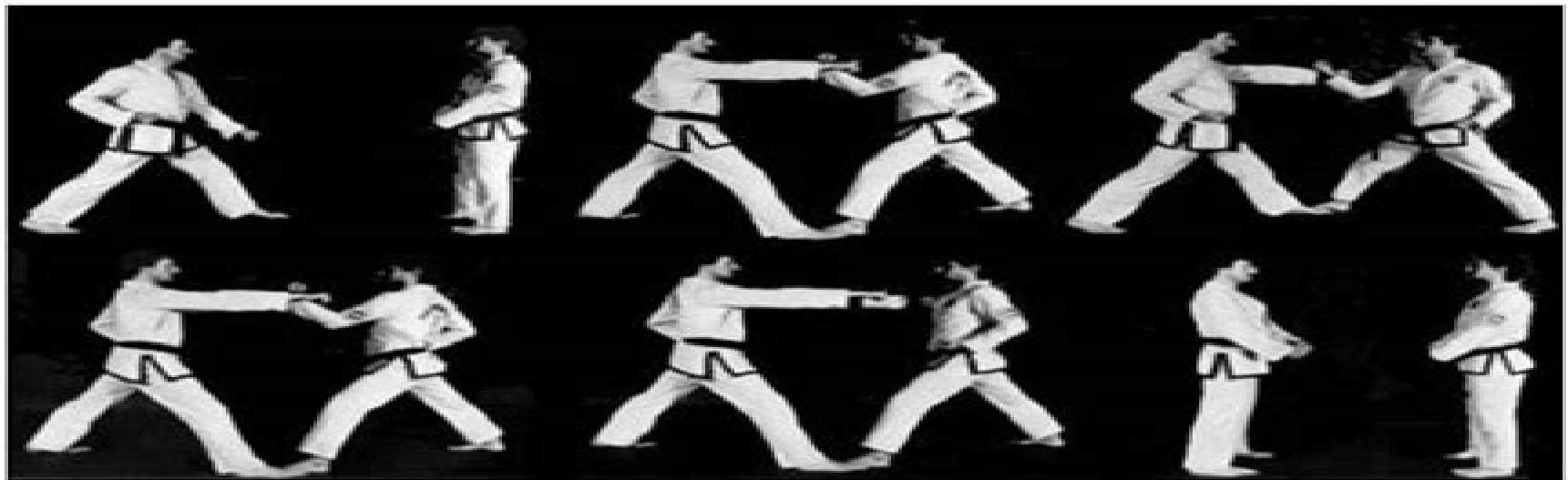




# **ITF Step Sparring Syllabus**

**1, 2, 3 Step Sparring**



Written by :

**Master Michael Muleta, 8<sup>th</sup> Degree**

**Director – ITF Centre of Excellence**

# Selfdefense 100 1 Step Sparring

**Tao Wei**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'Tao Wei' text.

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In a world used by screens and the ceaseless chatter of fast interaction, the melodic beauty and mental symphony produced by the written term usually fade into the backdrop, eclipsed by the persistent sound and distractions that permeate our lives. But, nestled within the pages of **Selfdefense 100 1 Step Sparring** a wonderful literary value filled with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, that fascinating masterpiece conducts viewers on a mental trip, well unraveling the hidden songs and profound influence resonating within each cautiously crafted phrase. Within the depths with this touching examination, we shall investigate the book is key harmonies, analyze their enthralling publishing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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