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| **Power** |
| QRCode |
| <http://www.youtube.com/watch?v=j8qLSHL1NeY> |

**TAE BO**

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| **Basics** |
| QRCode |
| <http://www.youtube.com/watch?v=B_9WFJjkCAE> |

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| **EXTREME** |
| QRCode |
| <http://www.youtube.com/watch?v=uNve1V51q8I> |

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| **BOOTCAMP** |
| QRCode |
| <http://www.youtube.com/watch?v=pTM2X2CPlOc> |