



# Iron Butterfly, The: Memoir of a Martial Arts Master

*Choon-Ok Harmon*

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## **Iron Butterfly, The: Memoir of a Martial Arts Master** Choon-Ok Harmon

Choon-Ok Harmon was born soon after the Korean War, when South Korea was experiencing extreme poverty. This memoir describes the hardships she tried to overcome to achieve a better life. She moves to the U.S. and, through patience and perseverance, pursues her dream of becoming a martial artist.

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