Kung Fu Animal Power Fu Book Jaguar (Paperback)

By Scott Jensen

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand new Book. Kung Fu Animal Power Fu Book Jaguar Kung Fu Animal Power uses 18 different Animals to teach classic virtues, build strong athletic bodies with good posture and body mechanics, and learn self defense. This Fu Book (or Lucky Fun Book) is a guide for Students in the Kung Fu Animal Power program who are learning the Jaguar. In this book you will learn all about the lessons of the Jaguar that you will learn in class including: Jaguar Virtue: Decisive - Seize the Moment Being Decisive defines leadership. When a decision is made things start to happen. Making decisions on time allows you to seize opportunities for success. Success often goes to the first person who decides to take action. Practice being decisive, build trust in yourself and gain self confidence. Jaguar Body Mechanic Lesson: Speed Speed allows you to strike first and to escape your opponent. Speed increases your movements power. If you move faster than your opponent they will be unable to complete their strategy, or to counter your strategy. Train your mental speed and your physical speed. Jaguar Drills: Stalking Steps, Jaguar...

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