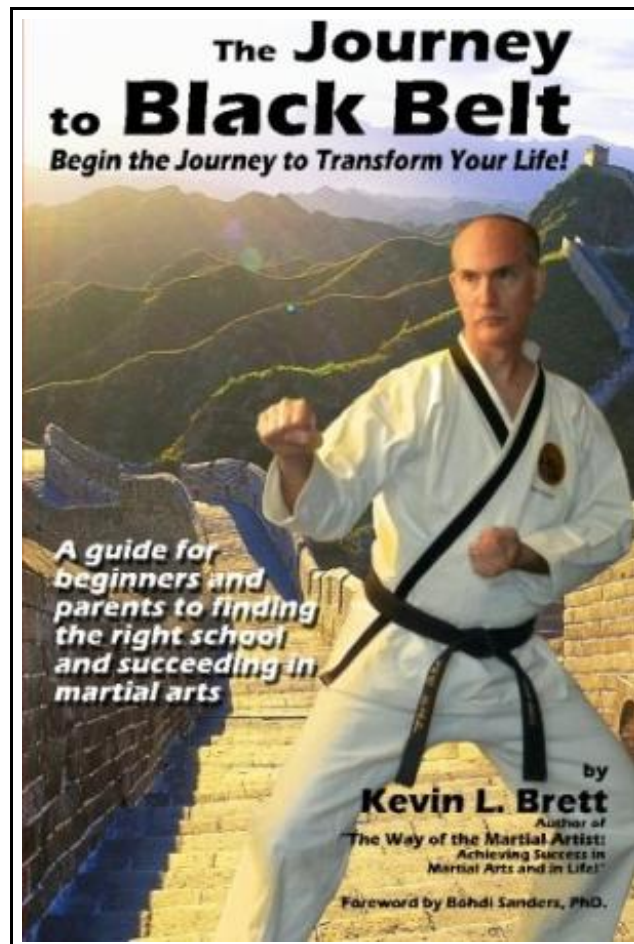


The Journey to Black Belt: Begin the Journey to Transform Your Life!



Filesize: 1.46 MB

Reviews

Good e-book and useful one. It typically does not expense an excessive amount of. I am just delighted to tell you that this is basically the finest book we have read during my very own existence and could be the best ebook for actually.

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THE JOURNEY TO BLACK BELT: BEGIN THE JOURNEY TO TRANSFORM YOUR LIFE!



Kevin Brett Studios, Incorporated, United States, 2011. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Everything for Parents and Beginning Martial Artists! Parents, do you feel lost; confused about the zillions of martial arts schools and styles and how to get yourself or you child off to a great start? Want to know what it will take to get the most out of your martial arts experience? Simple questions with simple answers. Maybe you re planning to sign up your children (or yourself) for a martial arts program but you really don t know where to start. And once you ve started do you really have a road map and an idea where you want this journey will take you? Journey to Black Belt covers the benefits from the character development like self-discipline and respect. This book provides a strong focus on transforming your character and your life through martial arts! Full of useful checklists and questions to ask when shopping for a school including what answers to be wary of! It explains how to get started with your training and what you will need to do to succeed! The Journey to Black belt also provides useful explanations of the differences between many major styles of martial arts to help you decide what s best for you. Contains MANY useful checklists and tip-sheets with more than 250 pointers on topics including: -What parents need to know, ask and expect -Questions to ask when shopping for a school -How to care for your uniforms and equipment -Essential martial arts terms and concepts for beginners -A brief history of martial arts and its evolution and your options -Listings of martial arts organizations school directories -Training and goal-setting tips to help you or...



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