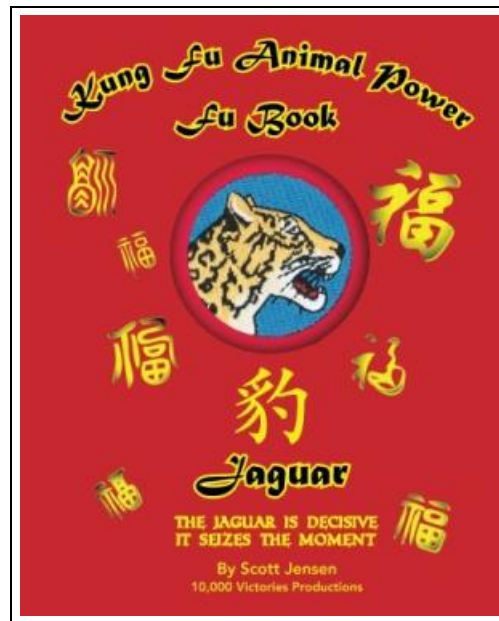# Kung Fu Animal Power Fu Book Jaguar (Paperback)

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Reviews

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Germaine Welch)

KUNG FU ANIMAL POWER FU BOOK JAGUAR (PAPERBACK)

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 Stance The Jaguar is a master at stalking silently thru the jungle. These drills build your ability to stalk and circle your opponent. Jaguar Moves: Jaguar Moves include the Jaguar Fist, fast Leaping Jaguar Attack, and fierce Leopard's Paw! You'll also find: Fun games Pictures to admire Drawings to color Learn how to Write Jaguar in Chinese learn How to Write Decisive in Chinese A folk Story from Chinese History "The Jaguar Leaves Its Pelt" Scott Jensen is the creator of Kung Fu Animal Power, Head Instructor of 10,000 Victories Kung Fu, President of the Chinese Cultural, Healing and Martial...

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