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Developing Body, Mind, and Spirit: A Parents Guide to Martial Arts Training for Kids

By Peter L Tsirigotis

Createspace, United States, 2010. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.In Developing Body, Mind, and Spirit, martial arts expert and former member of the U.S. Kickboxing Team Peter Tsirigotis addresses the truths and myths around the martial arts. His goal is not to encourage or discourage participation but to give parents an honest assessment of what the martial arts teach, and how these teachings can affect their children. Throughout this book, Tsirigotis dispels some of our long-held beliefs-the martial arts did not arise only in Asia, but in countries worldwide-and removes the public's sense that martial arts is about war, battle, death to the enemy, and victory. Instead, he discusses it as a discipline which, when properly taught, can be a positive influence on a child's development. Through the martial arts come focus, commitment, determination, and goal-setting, all vital elements for a successful life. This is the ideal book for parents wishing to learn what the martial arts truly are, how they benefit a child, and how to separate hype from truth.



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