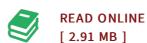




The Road To Shodan: A Guide To Reaching First Degree Black Belt (Paperback)

By Bill Menees

Lulu.com, United Kingdom, 2006. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book covers the quest for black belt like no other book before. It is not about individual techniques or styles. Instead, it s about the common experiences that occur across all major styles of martial arts on the road to black belt. It is a concise manual of best practices that will help you to: -Understand your motives and goals for training - Progress faster and with deeper understanding - Identify your dominant method of learning - Develop physical discipline and mental strength - Be aware of important developmental milestones -Gain a deeper understanding of martial arts as a whole - Apply martial arts training to daily life - See past the allure of trophies and awards - Discover the ultimate goal of martial arts. The primary audience for this book is anyone interested in practicing a martial art who has not yet reached the rank of black belt. It can also be a valuable guide for advanced martial artists who are instructing others on their Road to Shodan.



Reviews

If you need to adding benefit, a must buy book. This really is for all who statte that there had not been a well worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Claud Bernhard

It is an remarkable pdf which i have ever go through. Of course, it can be play, nonetheless an interesting and amazing literature. I realized this pdf from my dad and i suggested this book to discover.

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