



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

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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 .



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### Reviews

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*Very useful to all group of folks. This really is for all who statte there was not a worthy of reading. I am very happy to explain how this is the best pdf i have study inside my personal life and can be he greatest book for actually.*

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