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DEVELOPING BODY, MIND, AND SPIRIT: A PARENTS GUIDE TO MARTIAL ARTS TRAINING FOR KIDS



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....

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- Authored by Peter L Tsirigotis
- Released at 2010



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