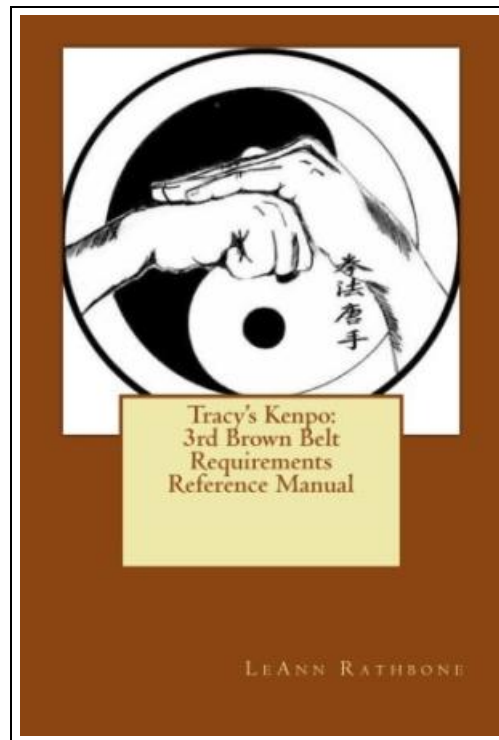


Tracy s Kenpo: 3rd Brown Belt Requirements Reference Manual



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Reviews

This publication is worth getting. This is certainly for those who statte that there was not a well worth studying. Its been written in an exceptionally simple way in fact it is only after i finished reading through this ebook in which in fact transformed me, modify the way i believe.

(Mr. Hester Prohaska DVM)

TRACY S KENPO: 3RD BROWN BELT REQUIREMENTS REFERENCE MANUAL



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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.As a training aid, we encourage all students to buy this manual to assist with their training requirements for each belt. The manual covers all technique requirements for the belt as well as kata s if they are required. These manuals are available from YELLOW BELT thru BLACK BELT with a complete breakdown step-by-step of the individual techniques-and the Kata requirements are listed as well. This manual is a reference manual and design to assist the student with learning their techniques not to teach the techniques to the student. In this manual you will find all 30 self-defense techniques that are required for 3rd Brown Belt as well as Darkroom Staff and Long 4.



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