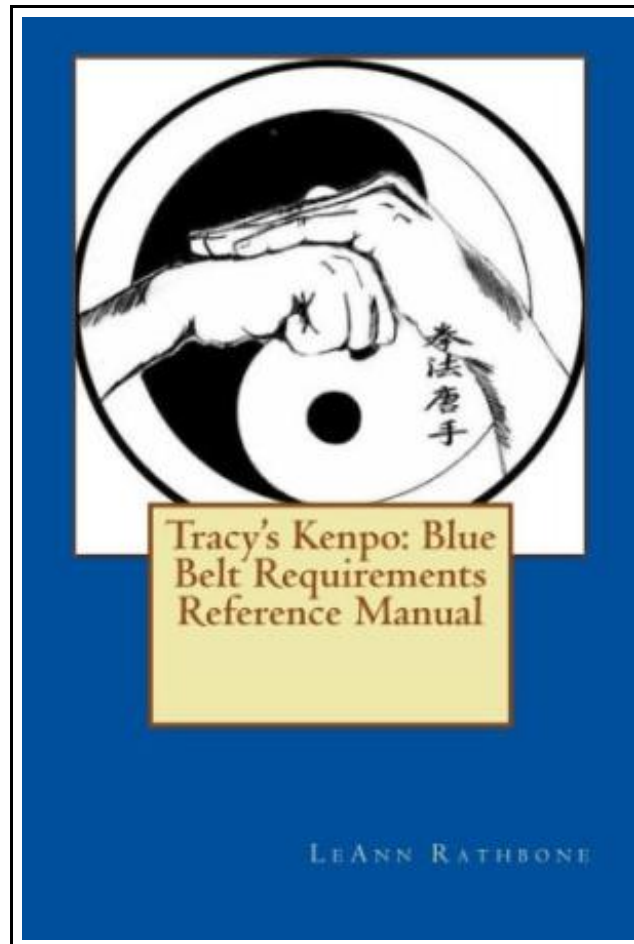


Tracy s Kenpo: Blue Belt Requirements Reference Manual



Filesize: 2.63 MB

Reviews

This publication is definitely not simple to begin on studying but really exciting to read. It is actually rally fascinating throug reading time. Your life span will be enhance when you complete looking at this publication.

(Laurence Littel)

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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 Blue Belt as well as Short 3 and Long 2.



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Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. 229 x 145 mm. Language: English . Brand New Book. This is volume eight, Reading Level 1, in a comprehensive program (Reading Levels 1

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