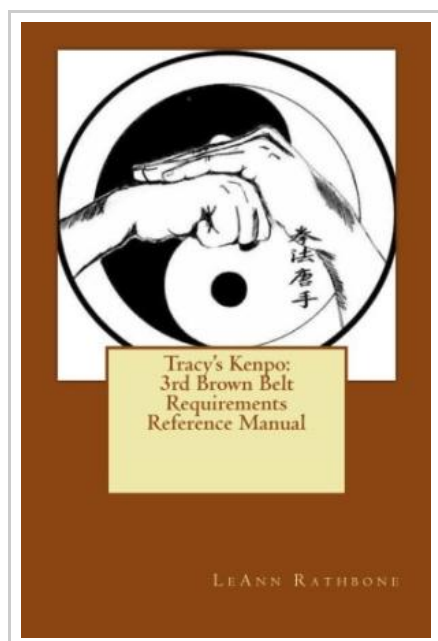




Tracy s Kenpo: 3rd Brown Belt Requirements Reference Manual (Paperback)

By Leann Rathbone

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.



READ ONLINE
[7.59 MB]

Reviews

It in a of the most popular book. It really is filled with wisdom and knowledge You may like how the article writer publish this pdf.

-- **Kellie Huels**

Very beneficial to all category of folks. I really could comprehended every little thing out of this created e publication. I found out this book from my dad and i encouraged this ebook to discover.

-- **Maia O'Hara**