



Tracy s Kenpo: 2nd 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 2nd Brown Belt as well as Skylight Staff and Tiger and Crane katas.



READ ONLINE
[1.57 MB]

Reviews

Extensive guide for ebook lovers. It generally does not cost excessive. Your way of life span will likely be convert the instant you complete looking at this ebook.

-- Rocky Dach

Certainly, this is the very best work by any author. It is amongst the most remarkable publication i have got study. I am just happy to inform you that this is actually the greatest pdf i have got study inside my individual daily life and can be he very best publication for at any time.

-- Gilbert Rippin