



The Way to Black Belt: A Comprehensive Guide to Rapid, Rock-Solid Results

Lawrence Kane, Kris Wilder

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If you are serious about your marital arts training, *The Way to Black Belt*, will arm you with the information that you need to swiftly become a highly skilled, well qualified black belt.

Earning a black belt can be the most rewarding experience of a lifetime, but getting there takes considerable planning. Cut to the very core of what it means to be successful in the martial arts. Whether your interests are in the classical styles of Asia or in today's mixed martial arts, this book prepares you to meet every challenge.

Packed with actionable information, you will learn how to set goals, find a good instructor, monitor your progress, overcome plateaus in your training, take advantage of learning opportunities, and work through the inevitable injuries that come with rigorous martial arts training. Putting your skills to the test at each development stage of your training requires a certain mental clarity. The authors examine what this means, how to find it, and how to make sure that when the time comes you are 100 percent prepared.

At any age or gender, you will benefit from the wisdom of master martial artists around the globe, who share more than 300 years of combined training experience. Benefit from their guidance during your development into a first-class black belt.

The Wisdom of:

- Iain Abernethy
- Loren Christensen
- Dan Anderson
- Jeff Cooper
- Wim Demeere
- Aaron Fields
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