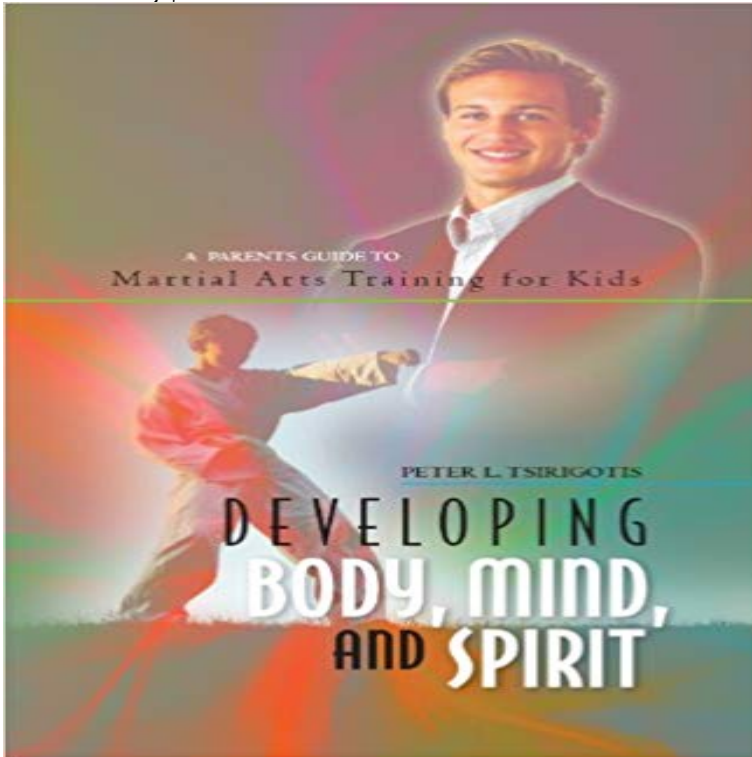


Developing Body, Mind, and Spirit: A Parents Guide to Martial Arts Training for Kids



In *Developing Body, Mind, and Spirit*, martial arts expert and former member of the U.S. Kickboxing Team Peter Tsigotis addresses the truths and myths around the martial arts. His goal is not to encourage or discourage participation but to give parents an honest assessment of what the martial arts teach, and how these teachings can affect their children. Throughout this book, Tsigotis dispels some of our long-held beliefs—the martial arts did not arise only in Asia, but in countries worldwide—and removes the public's sense that martial arts is about war, battle, and victory. Instead, he discusses it as a discipline which, when properly taught, can be a positive influence on a child's development. Through the martial arts come focus, commitment, determination, and goal-setting, all vital elements for a successful life. This is the ideal book for parents wishing to learn what the martial arts truly are, how they benefit a child, and how to separate hype from truth.

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(MMD Newswire) July 12, 2010 -- Developing Body, Mind and Spirit: A Parents Guide to Martial Arts Training for Kids by **Martial Arts for Brookfield Kids - American Dojo Martial Arts** Karate is an ancient Japanese martial arts form that became popular worldwide Its also a powerful way to guide your kids into

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