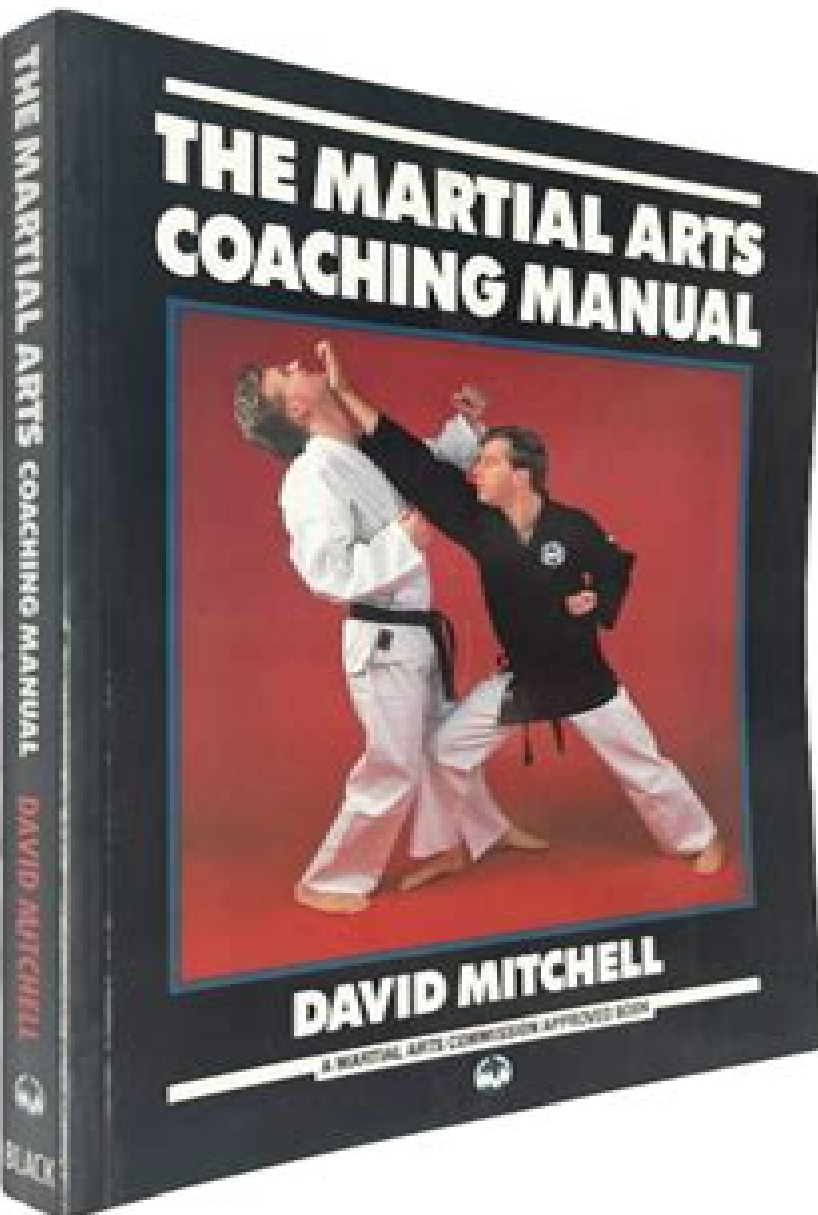




The Martial Arts Coaching Manual

Ashley Martin



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USMC Martial Arts Gray Belt Instructor Manual , *The Book of Five Arts: Martial Arts Training Manual* Al Case,2019-02-08 From Al Case inventor of Matrixing Martial Arts Technology comes the ultimate Martial Arts book The Book of Five Arts Five martial arts including forms two man forms matrixing charts showing how the martial arts evolve from had to soft Myamoto Musashi centuries ago wrote the Book of Five Rings It has become the standard for martial arts strategy In The Book of Five Arts Al has described five arts enabling the reader to actually go through the martial arts and see the whole picture This will enable them not to just read about a strategy and wonder how it works but experience the strategy and KNOW how it works There are matrixing charts and procedures throughout the book These charts take out all the blank spots enabling the reader to see how to make a martial art perfect The reader will be able to use this data to fix his own martial art Most important the reader will finally see the complete procedure for making the martial arts into one art how they fit together and why The book is 164 pages with over 300 illustrations Arts include Matrix Karate Shaolin Butterfly Butterfly Pa Kua Chang Matrix Tai Chi Chuan Monkey Boxin [Official Taekwondo Training Manual](#) Soon Man Lee, Gaetane Ricke, 2005 Endorsed by the World Taekwondo Federation *The Martial Arts Book* Laura Scandiffio, Nicolas Debon, 2003 The history and philosophy of the various martial arts and how they have evolved to today s practice

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