

Little Warriors Blue Belt Workbook (Paperback)



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Reviews

It is in a single of the best pdf. Better than never, though I am quite late in starting reading this one. I realized this ebook from my dad and I encouraged this publication to understand.

(Major Thompson)

LITTLE WARRIORS BLUE BELT WORKBOOK (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.

Little Warriors Blue Belt Workbook contains all the lessons needed to become a Blue Belt in the Little Warriors Belt program. Each full color book includes a beautiful cut-out Certificate of Achievement suitable for framing. This program includes a Teachers Manual and three Kid s Workbooks that provides a full school year curriculum. The Little Warriors Belt Program includes an illustrated teacher s manual that provides easy to follow step-by-step instructions on how to teach a fun and effective safety and martial arts program that emphasizes predator abduction prevention techniques. This Teacher s Manual will enable any adult to teach this program regardless of martial arts training. This program teaches: 11 Character Building Lessons Including: What is a Promise?, Focus, Deep Breathing, Setting Goals, and Self-Control. 19 Health Fitness Lessons Including: Stretching, Cardio, Calisthenics, Good Nutrition, and six First Aid lessons. 15 Street proofing Lessons Including: Buddy System, Code Word, How to Dial 911, How to Answer Questions from Strangers, and How to Deal with Dogs. 18 Self-Defense Lessons These are the most easy to learn and effective self-defense techniques that are not only suitable for children, but anyone in the family from teens to moms can learn potentially life saving skills. Includes both children s and adult instructions and illustrations. 35 Martial Arts Techniques These universally recognized techniques include stances, blocks, strikes, kicks, break falls, and three Katas. Includes both children s and adult instructions and illustrations. Plus: Sample Teaching Plans Instructions on How to Play 9 Warm-Up Games How to create a Child Identity Kit Top Ten lists of Safety Tips What to do if a child goes missing This program is ideally suited for moms, teachers, home-schoolers, church...



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