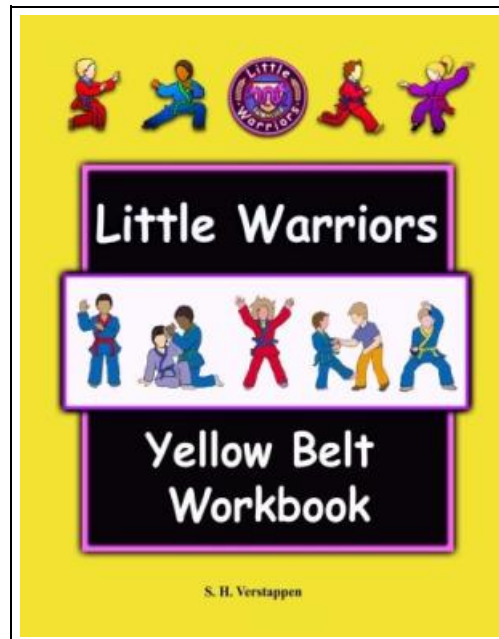


Little Warriors Yellow Belt Workbook (Paperback)



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Reviews

*Merely no phrases to spell out. I actually have read through and i am certain that i will gonna study once again again later on. You wont truly feel monotony at at any time of your time (that's what catalogues are for about should you check with me).
(Jaïden Konopelski)*

LITTLE WARRIORS YELLOW BELT WORKBOOK (PAPERBACK)



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

The Little Warriors Yellow Belt Workbook contains all the lessons needed to earn a Yellow 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,...



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