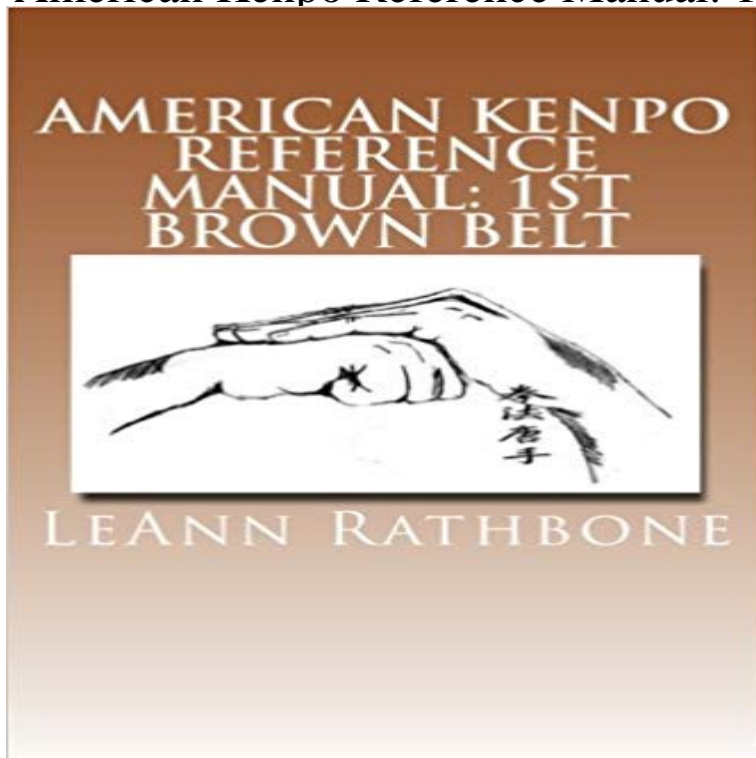


## American Kenpo Reference Manual: 1st Brown Belt



American Kenpo Reference Manual: 1st Brown Belt, This book covers everything you need to know to achieve your 1st Brown Belt. This manual covers, sayings, definitions, sparring, blocks, kicks and the required self-defense techniques for the belt. This is a reference manual no pictures but complete description of everything. This is a great training aid; this manual is designed to assist you with your belt requirements starting from the ground up

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