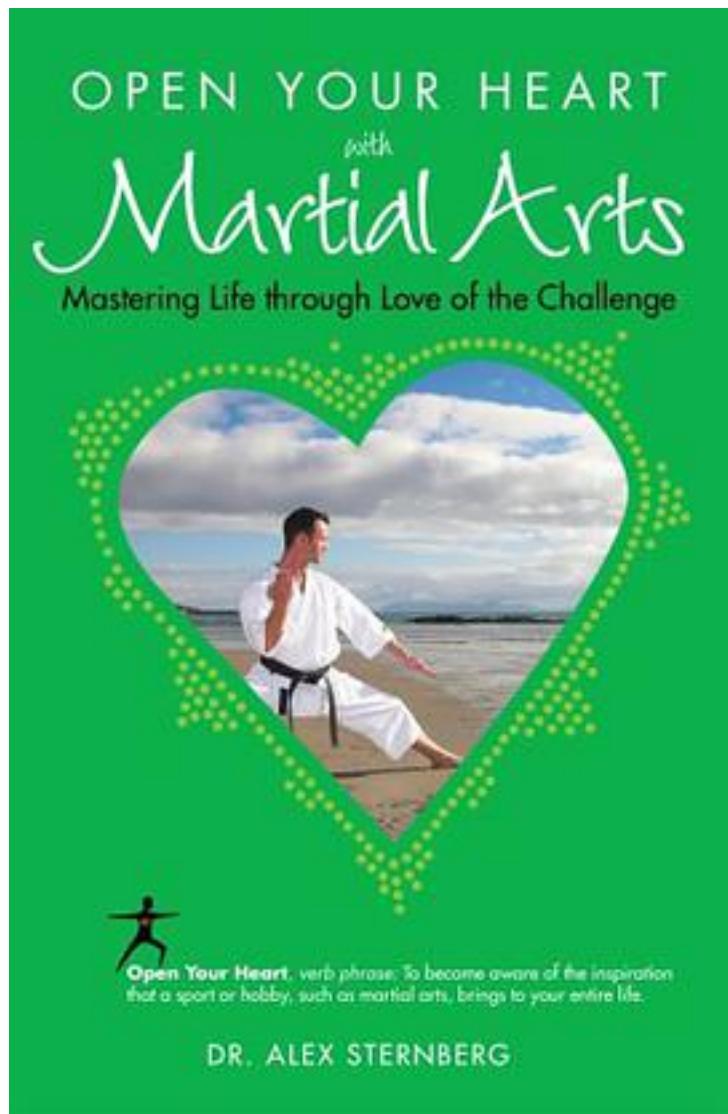


Open Your Heart with Martial Arts



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Through a holistic approach to the subject, the author helps beginners and experts appreciate how martial arts can benefit their life physically, emotionally, and spiritually. Shows readers how martial arts can be a family activity, and includes personal reflection on how martial arts changed the author's life.

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