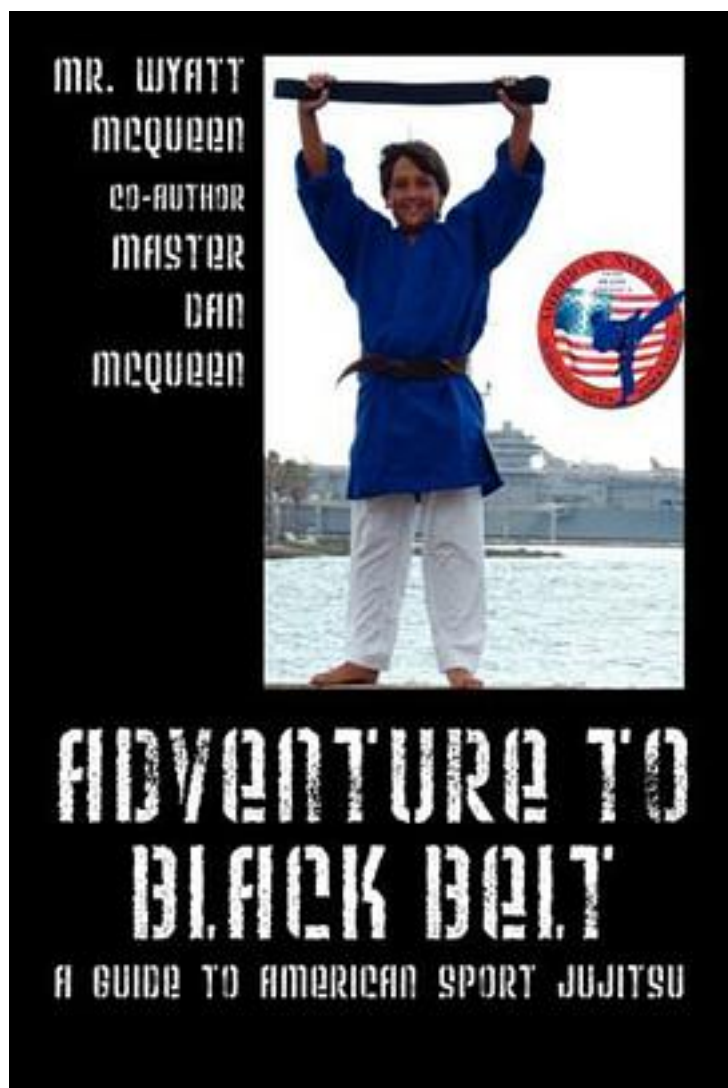


# Adventure to Black Belt



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America's best martial arts program The American National Martial Arts Association is focused on the development of our youth. We use the combined Martial Arts techniques discovered by our American warriors who have given us liberty for all. Our foundation is comprised of the melting pot within our American culture. This book will help you understand the basic strategies, goals and techniques in becoming a Black Belt.

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