

The Ultimate Karate Bible - Mrr + Free Bonus Gift

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== Learn The secrets of a true Karate Master Stop being the victim..... Long lost manuscript will show you exactly how to humiliate your enemies with a few secret moves... Dear Friend, Stop for a minute and picture this.....you're walking home alone one night. It's just a regular night like any other and you are eager to get home. You may be longing to see your loved one or to see your kids. You hear a noise behind you.....must have been the wind.....you shrug it off and carry on walking. Then you hear it again, it's closer now. You start to walk faster but the noise is getting closer. You're scared to turn around and your walk turns into a run. Then all of a sudden it happens..... A cat runs straight by you closely followed by a dog hot on it's heels. But the point I am trying to make here is this.....do you see what could have happened? Would you have been prepared if it was someone desperate to get hold of your wallet or purse? Well before you start to worry, I have some good news for you..... == But first a little story... I'm sure you must have heard of "The Karate Kid". The movie was released in the early summer of 1984 and tells the story of a young man who encounters bullying when he moves to California. Refusing to give in, he is eventually taught to defend himself by a short, slightly overweight elderly man. He learns that by using the power of simple techniques he can overcome the greatest of enemies, no matter of their size or weight. Lets look at that last sentence again.... "He learns that by using the power of simple techniques he can overcome the greatest of enemies, no matter of their size or weight." By arming yourself with these simple but ultra powerful techniques, no-one will stand in your way. Now before you go rushing out to rent or buy a copy, let me just state one thing. That was a movie. This is real life. And this is how you can learn to defend yourself far better than The Karate Kid.... Introducing..... == The Ultimate Karate Bible The only product you'll ever need to teach yourself how to defend yourself from any threat or attack.

= So, Why Karate? Karate is probably the most effective method of unarmed defence and counter attack ever devised by man. The practitioner depends solely on the deadly efficacy of their trained and toughened bare hands, elbows, knees and feet. The benefits to be gained by Karate go far beyond the purely physical. The experienced practitioner of the martial art attains a high degree of physical and mental awareness. Karate helps with the development of a strong character and builds a feeling of

respect toward our fellow man. The study of Karate, therefore, is valuable to all people, male and female, young and old alike. == Is The Ultimate Karate Bible suitable for you? This huge 191 page manuscript packed with 196 easy to follow illustrations will show you all you need to know about humiliating your enemies and being afraid no longer. You'll be surprised just how easy it is to defend yourself against any potential threat or attack. As a physical art, Karate is almost without equal. Since it is highly dynamic and makes balanced use of a large number of body muscles, it provides excellent all-round exercise and develops co-ordination and agility. Here's just a small sample of what you will discover..... = How to adopt the correct stance to protect yourself = Chapter 2 : Over 50 offensive thrusts of attack = 17 blocking techniques to defend against an attack = The exact pressure targets to aim for on your attacker. These may surprise you! = Chapter 8 : A whole chapter dedicated especially for women = How to use Karate breathing exercises to train your body to operate at peak performance, even in a moment of extreme danger = The secret to moving from one attack directly into another = Page 25 : How to use The Choker to make any attacker think twice = Which one technique can be used to defend and attack in the same movement = Chapter 14 : Which nerve focal centers to aim for on your opponent. Quickly expose their weak spots and then laugh in their face! = How to defend against street attacks = How to use your attackers size and weight against them = Discover how even a 200lb brute can easily be overpowered = How to defend against a knife attack = Chapter 12 : Diet - Foods that can dramatically improve your performance and which foods you must avoid at all cost = How to develop the prolonged Yoga breath = What to do if you are attacked from behind = How to generate 300 more power on a punch = How to combine multiple blows in less then a second = Avoid the one mistake that will instantly make you weak = The exact moment when you should strike and just as important, the moment you should hang back and defend yourself And lots, lots more..... = The Author - Moja Rone

Moja Rone has done a superb job of simplifying the Karate terminology. There are no complicated Japanese terms in this book, just plain, simple to understand English terms. He really has lifted the lid on what has been before now, a rather secret and mysterious art. So you don't have to know the difference between a Makiwara and a hachichi-dachi. You'll know exactly what to do and more importantly, when to do it! Wait, there's more..... Order now and receive the following 2 bonuses absolutely free: Bonus #1 The Bruce Lee Training Secret This report features a rare interview with Bruce Lee as he discusses the principles of being a good fighter and what made him the envy of martial artists all over the world. Bonus

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