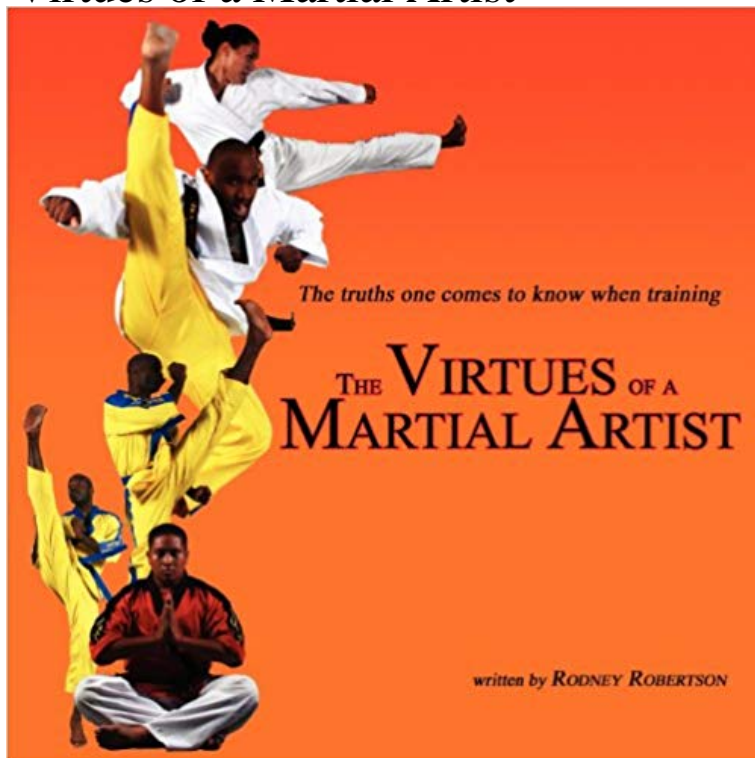


## Virtues of a Martial Artist



Anyone who picks up this book will realize 2 things right away: 1. The diversity of the people which means that martial arts is for anyone no matter color, race, gender, age or creed. 2. They will realize the virtues that one comes to know while training in the martial arts, which are life skills that transcends into all areas of ones life. They apply professionally and personally and will be the reason for the success of any and everyone. But these virtues begins the day a student starts there journey.

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