



Journey to Black Belt: Lessons For Life

Omar L Rashed

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Life is a battle, on and off the mat. Victory requires balance and effective effort.

This book shares maxims developed in the thick of literal fights, with applications in and out of the ring.

- hear 22 maxims that summarize lessons learned so far on the martial arts journey
- see these maxims applied in both training and everyday life situations
- experience the story, growth, and development of a student from the beginning, not at the rose-tinted end
- feel how these maxims can apply to you

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