



## Black Belt Fitness for Life: A 7-Week Plan to Achieve Lifelong Wellness (Paperback)

By Grandmaster Tae Sun Kang, Michael Imperioli

Tuttle Publishing, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. There s something to martial arts and especially the way Grandmaster Kang teaches it that addresses not just the body and fitness, but addresses the mind and addresses your approach to life. from the foreword by Michael Imperioli. Award-winning actor In Black Belt Fitness for Life, Grandmaster Tae Sun Kang applies his four decades of experience to guide you through an innovative method of fitness using Taekwondo principles. Whether you re a beginner or veteran to stretching and exercise, you can easily follow Grandmaster Kang s 7-week routine based on the belt system of Taekwondo, an ancient Korean martial art. With each week of the regimen, you will learn new skills and techniques that culminate in mastery of the techniques necessary to continue exercising and eating right for life. Through the use of Taekwondo stretches and movements, this black belt Combined Dynamic Stretching method will improve your flexibility and balance, stamina and strength, as well as your focus and mental health. You ll stretch multiple parts of your body at the same time, improving circulation and building mental strength while warming up to minimize injuries. As...



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