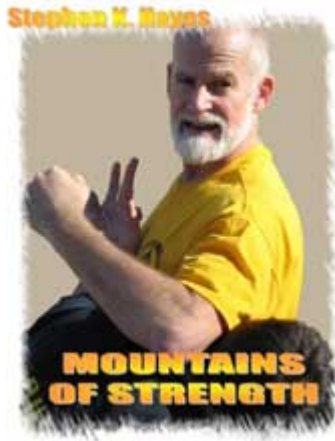


Ninja 21st Century Taijutsu Unarmed Combat Black Belt Home-Study 12-DVD Course

Category: » **DVD/CD movies**



Product ID: SKH0008

Manufacturer: SKH Quest Center

Availability: 350,00 EUR

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16-hour 12-DVD video set presents all exercises, insights, and instructions for passing your test for Shodan 1st Degree Black Belt in Stephen K. Hayes' 21st Century ninja martial art of To-Shin Do. Earn your Black Belt in 5-element strategy-based principle-centered combat training for stopping determined grapplers, punchers, kickers, and chokers - gritty and honest for real-world fighting victory. Train on your own, or test for colored belts by video and then take your Black Belt test at one of An-shu Stephen K. Hayes' testing seminars.

Here's what you get:

Mountains of Strength 3-DVD set

"Earth Element" training for stability and command in self-defense - 4 hours in 3-DVD set

Waves of Power 3-DVD set

"Water Element" training for strategy and leverage in self-defense - approx. 4 hours in 3-DVD set

Lightning Strikes 3-DVD set

"Fire Element" training for explosive interception in self-defense - approx. 4 hours in 3-DVD set

Eye of the Storm 3-DVD set

"Wind Element" training for evasive effortless control in self-defense - approx. 4 hours in 3-DVD set

PLUS extra bonus gifts from An-shu Stephen K. Hayes!

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