



# Martial Arts for Women: Winning Ways (Mastering Martial Arts)

*Eric Chaline*

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**Martial Arts for Women: Winning Ways (Mastering Martial Arts)** Eric Chaline

Martial arts provide a great workout for anyone, but for women, they present some special and positive advantages. Inside this book, find out how martial arts training can improve your fitness, help with your personal confidence, and train you mentally to face the challenges of life. Having a positive self-image and feeling physically confident can translate into many phases of your life. The focus and all-around fitness that martial arts can bring might be your ticket to a high-flying leap forward in your life.

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