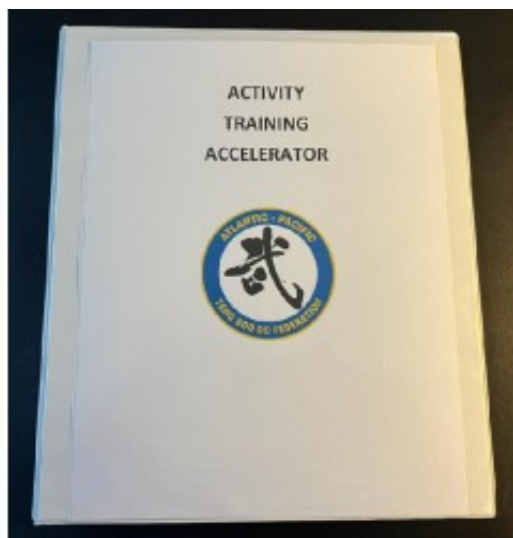


Activity Training Accelerator



Brand: APTSD Federation

Product Code: ACT_TRAINING_BK

Dimensions: 0.00cm x 0.00cm x 0.00cm

Price: \$1.00

Ex Tax: \$1.00

Description

This is 94 pages and chock-full of great training ideas and examples covering basics, board-breaking, forms, free-sparring, kicks, one-steps, philosophy, warmup and conditioning, and much more!

It is a companion reference source for the CIT manual, so all CIT members should have one.