

**Home Study Nunchaku Course Builds Confidence
And Promotes Physical Fitness**

Middle Island, NY—Whether they are interested in physical fitness, want to learn how to defend themselves in an emergency or wish to attain focus and direction in their lives, more and more people are turning to the ancient Eastern tradition of martial arts.

According to martial arts experts, an affordable and time-efficient way of doing this is by enrolling in a home study course.

Geared toward beginners with little or no martial arts experience, one such course, Nunchaku, Karate's Deadliest Fighting Sticks, comes with all of the items you need to get started including an illustrated, photographic guide and foam rubber practice nunchakus, or fighting sticks.

Designed to build self-confidence and improve physical fitness, the course is fun and easy to participate in. Since it is a home study course, students can enjoy practicing at their convenience in the privacy of their own homes.

According to course author and martial arts expert, American Karate Pioneer Grandmaster Andrew S. Linick, Ph.D., some techniques in the course can be learned in less than a day.

Topics in the course include proper breathing techniques, stretching and warming up, nerve centers and pressure points in the human body, fighting stances and postures, self-

defense maneuvers, attitude and confidence, and a detailed appendix.

Throughout the course book, Linick stresses the importance of practice and confidence.

To order *Nunchaku, Karate's Deadliest Fight Sticks*, Deluxe Third Edition, send a check or money order for \$35US postage/shipping paid via 2-day priority mail to: O.K.K.A., Seven Putter Lane, PO Box 102, Middle Island, NY 11952-0102

To see the table of contents, peer testimonials or to order online go to <http://www.newworldpressbooks.com>. A home study course in martial arts could be the ideal way for you and your family to shape up, build your confidence and overall focus your energy.

“Grandmaster Linick is one of the world's leading experts on Karate and Okinawan weapons of self-defense.” *OFFICIAL KARATE MAGAZINE* He has achieved the status of Hanshi—10th Dan in Chinese-Okinawan Shorinji-Ryu Karate-Do, Kobujutsu (Weaponry) and has distinguished rank in the Martial Arts of Judo, JuJitsu and Aikijutsu. He is also contributing editor for over a dozen major martial arts, travel, health and fitness magazines.