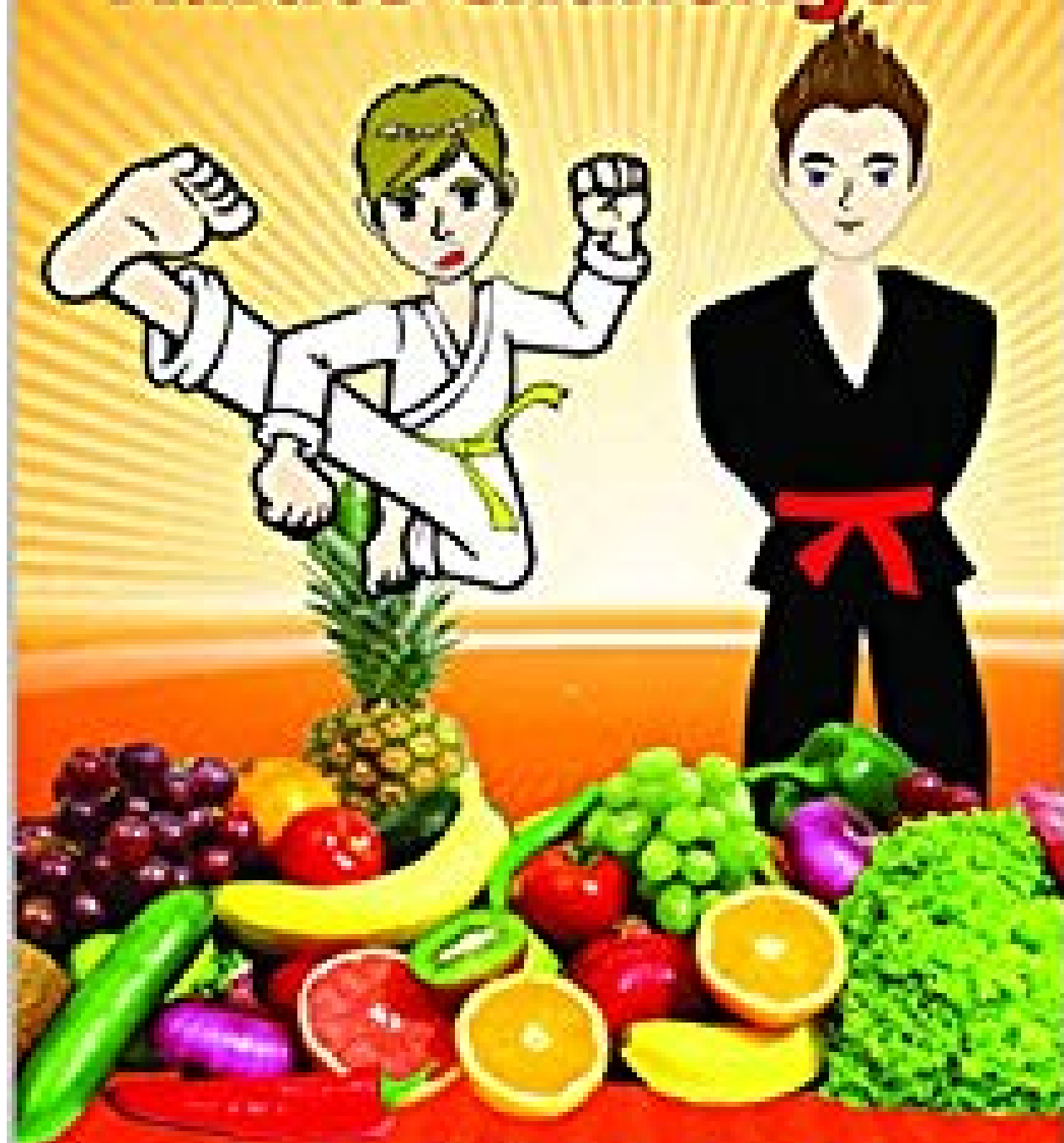


THE KARATE COUSINS

"The Colored Food Karate Challenge!"



BY: CHRIS HALL

Christopher Hall

The Karate Cousins: "The Colored Food Karate Challenge!" ©



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With obesity increasing, this is a must read for your son or daughter! Parents, we understand the importance of our children eating healthfully. During course one Saturday, their instructor shared the " Sensei informed the course about " with the college students.The Sensei Problem of the Month" Cameron, Chase and their fellow karate classmates are developing healthy habits they can consider with them for the rest of their lives." Sensei's goal was to positively impact his students outside and inside of the dojo. Physically, he always trains them hard during class. Therefore, he challenged the youngsters to take their health and fitness to the next level at home. Follow Cameron and Chase because they and their family members create a plan through the entire week to boost their daily diet plan.The Colored Food Karate Challenge!This is a tale about family, Martial Arts, leadership, goal setting, health and fitness. They are dedicated FIGHTING TECHNIQUES athletes, who both have a goal to become Black Belts one day!This is a story about 2 cousins, Cameron and Chase, who take Karate at the same dojo.



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!! This book can be an outstanding for kids to understand the how's and why's to eating healthy. It's unfortunate that in today's world people are eating more and more unhealthy. Though this is a kids publication it involves the city and a lot of team work. That is a great read through and through and touches on a whole lot of topics that go hand in hand with growth and development of people at any age or stage in existence.?????. What a great message! My 8 year aged karate lovin' son is now inspired to eat the rainbow and explore fresh, healthy foods. Not merely is this healthy for his brain but his body tooo! great book! LOVE LOVE Like this book LOVE LOVE LOVE this book. great reserve!?????. Chris Hall isn't only a great Sensi, he is an outstanding author. This is an inspirational publication for all ages. Great book for young readers Great book for youthful readers! Also helps reinforce and models out a great outline of ways to get children to make eating healthy fun. Excellent read for kids of All ages The underlying meaning in this story is deep but is created in a way that is simple and fun to understand. I am so excited for that. Studies show that a lot of diet plan are formed when we are inside our childhood. The tale collection touches on being healthful and fit, looking up to role versions and learning what respect and how this may transpire to all aspects of life. So this book is awesome to build good behaviors in your kids. I can let you know my son will not like a lot of vegetables but after scanning this reserve he is ready to try anything .!! This is a great book for kids emphasizing the significance of healthy eating.!! Excellent kids book!! This book is Awesome! great book i really like this book so very much because it is teaching me the importaces of eating healthy additionally it is a good book in general very detailed and discriptive Great for kids! Fighting techinques is a lifestyle inside and out from the dojo as is normally a healthy way of life.Awesome book! Chris is an excellent exemplory case of how one guy can choose to use his skills and character to influence children in a confident way.! Thank you again because of this wonderful book!



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