

## **Grand Master C K Choi New Book on TRADITIONAL MARTIAL ARTS PHILOSOPHY**

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Master C K Choi Master and Master Tom Thurston have together wrote a book called **TRADITIONAL MARTIAL ARTS PHILOSOPHY** For the body, mind and spirit.

Our goal in writing this book was to present the elements of good character from a martial arts perspective in a way that offers a blueprint for positive living that can be adopted by all people.

It is independently published by Sidekick Publications Ltd and is available now at Amazon.com and later through most retail book stores.

To view a few pages of book for free, log onto amazon.com, click BOOKS and then type in "traditional martial arts philosophy"

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