



No Pouting in the Dojo

Cathy Chapaty

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No Pouting in the Dojo: The Imperfect Journey of Teaching Children Character through Martial Arts is an insightful collection of stories on the benefits of martial arts for children. In an inspiring memoir, Cathy Chapaty shares pivotal lessons that go beyond punching and kicking. She doesn't simply lecture her students to respect their parents; she too begins to heal a rocky relationship with her father.

Critics agree: This is a must-read for parents considering martial arts training for their children, beginning instructors, and veteran teachers seeking a few smiles and chuckles from familiar experiences.

"I really enjoyed this book. It was written in an inspiring, educational, and heartfelt manner. Martial arts instructors of all styles will benefit from reading it."

Dave Kovar

Founder of Instructor's College

Kovar's Satori Academy of Martial Arts

Sacramento, California

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