

Karate For Your Body Announces Release of Volume One in Martial Arts DVD Training Series, "Focusing On Fundamentals"

MANHATTAN BEACH, Calif., Dec. 31, 2008 — Today's fast-paced, demanding culture often makes it challenging to find ways to establish and maintain good physical and mental health. Karate, which is most commonly recognized as a means of self-defense, can also serve as a surprisingly effective vehicle to help anyone achieve a fit body; relieve stress; build character, confidence and self-esteem; learn self-discipline; and improve his or her leadership skills.

Karate For Your Body – a progressive training facility in Manhattan Beach, Calif. run by Grandmaster Clarence "Daddy-O" Smith, an 8th Degree Black Belt – is currently developing a series of DVDs that allow individuals to realize the benefits of karate in their daily lives on their own schedule. Volume one in the series, "Focusing On Fundamentals," will be available in February 2009.

"Focusing On Fundamentals" provides a comprehensive introduction to martial arts, but it functions equally well as a refresher course or simply a useful training aid. The DVD moves from stretching through punches, kicks, stances and blocks, culminating in an overview of how to apply these techniques. According to Grandmaster Smith, "'Focusing On Fundamentals' is an invaluable tool for all ages, shapes, sizes and ability levels. Its six separate segments allow students to work at their own pace and repeat individual skills as necessary to achieve maximum results."

"Focusing on Fundamentals" will retail for \$39.99 after its release on Feb. 1, 2009, but individuals can preorder their copy on or before Jan. 31 for just \$29.99. More information is available on the Karate For Your Body Web site at <http://www.karate4yourbody.com>.

About Grandmaster Clarence "Daddy-O" Smith and Karate For Your Body

Grandmaster Clarence "Daddy-O" Smith – the driving force behind Karate For Your Body and its philosophy of karate as the new way to health, balance, awareness and self-defense – has practiced Tang Soo Do for over 35 years, competing successfully at the state, national and international level. He has received numerous accolades, was inducted into the National Hall of Fame in 2007 as Most Distinguished Grandmaster, and was recently named to the Directorship of Southern California. For more information, visit <http://www.karate4yourbody.com>.

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