

Podcast - Grace Martial Arts

Season.	Episode.	Title.
2	1	FIT - Secret to Self Defense
2	2	RSG - Real Path to Self Defense
2	3	The 3 A's of Attack Awareness
2	4	ABC's of Self Defense
2	5	SPS - Surprise, Put Out, Steal
2	6	Self Defense Advice for Children & Teens
2	7	Self Defense for Children & Teens
2	8	Three Zone Defense Theory
2	9	Turning On The Lights In Self Defense
2	10	Young Women and Sexual Assault
2	11	Self Defense 90-10
2	12	Basic Self Defense: Awareness
2	13	Basic Self Defense: Three Awards
2	14	Basic Self Defense: For Children & Teens
2	15	Four T's of Self Defense
2	16-30	Three Rules For Self Defense: Rules One - Fifteen
2	31	With Heavy Heart - Protecting The Children
2	32	Christian Self Defense

2	33	Kata: Why Practice Forms for Self Defense?
2	34	What Is Grace Martial Arts?
2	35-39	Five Stances of Christian Martial Arts
2	40-49	Testing For Black Belt 1 - 8
2	50-53	What's Your Style 1 - 4
2	54	What Makes Christian Martial Arts Different?
2	55	The God of Creation
2	56	Foundation of Christian Martial Arts
2	57	Defend or Fight?
2	58	Training Children and Families to Follow Christ
2	59	Faith in Christ
2	60	Saved and Safe
2	61	Bullied! No More
2	62	Standing Our Ground
2	63	Increasing Power, Speed and Accuracy in Martial Arts
2	64-68	Spiritual Basics - Knowing Christ 1-5
2	69	Spiritual Basics - Enjoying Christ
2	70	Weapons of War
2	71	Book Review: Hwa Yu T'ai Chi Ch'uan Part II
2	72	The Origin of Hwa Yu T'ai Chi: A Biblical Perspective Part 1
2	73	The Origin of Hwa Yu T'ai Chi: A Biblical Perspective Part 2

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