



# **The Ultimate Beginners Guide to Martial Arts**

## **\*\*\*Special Edition\*\*\*: Featuring A Unique Interview With Master James Theros From Level 10 Martial Arts College**

*By Benchmark Publishing Group, Stephen Jay Jackson, James Theros, William Wai-Yin Kwok, Dean Lavas*

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The information provided in The Ultimate Beginners Guide to Martial Arts, has been compiled to give you a better understanding of a 'few' of the arts that are available, as well as specific interviews with instructors that teach these respective arts. The purpose of this publication is not to put one art over another, or to say one is better than the other. The idea of this publication is to give you an overview of many of the arts available, and to provide you with detailed interviews with those that live and breathe these arts each and every day.

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