As a former high school science teacher, martial artist, and business owner, I became enthralled with taking my program The Physics of the Martial Arts into the public school system. My goal was simple: build my martial arts business while teaching my love of the sciences. This book not only chronicles that journey, but it was written as a how to book for those interested in the art of breaking boards, and concrete blocks. This book is for you, if you are a science teacher who wants to spice up the classroom by using breaking demonstrations to explain Newton's 3 laws of Motion, a school owner wanting to improve business, and revenue, or a martial artist, regardless of rank or experience level, who wants to improve his punching and kicking abilities. Anyone who may want to learn more about the incredible power associated with the martial arts.

- Physical Methods in Organic Chemistry
- Photo Guide to Fishes of the Maldives
- Physical Medicine and Rehabilitation Pearls
- Phrases and Phraseology - Data and Descriptions
- Photosynthesis
- Physical Modeling of Jointed Bedrock Erosion by Block Quarrying