



My code of combat: A 'no holds barred' account of one man's journey from white belt to black belt and what to expect along the way. Written as a ... arts as an emotional and personal journey.

Adam Gold

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From a single violent encounter grew one young boy's desire to confront his demons and reach his potential through martial arts. He soon realised that his journey to black belt would shape his life much more than reaching the destination. My Code of Combat is a 'no holds barred' account of one man's journey to black belt in martial arts and what can be expected emotionally and personally along the way.

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