

Kungfu For Kids Martial Arts For Kids English Edi

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Tiger Jeff Stone 2006-03-01 Five young warrior-monk brothers survive an insurrection and must use the ancient arts to avenge their Grandmaster.

The Three Ninja Pigs Corey Rosen Schwartz 2012-09-27 Practice makes perfect in this kick-butt fractured fairy tale. Why does this wolf think he can come to town and blow all the houses down? These three little pigs just aren't going to take it from that bully anymore! The first starts aikido lessons---he'll make mincemeat out of that wolf! His brother learns a little jujitsu--he'll chop that guy to pieces! But when the wolf actually appears, it turs out these two pigs aren't quite ready after all. Good thing their sister has been training every day to master some serious karate moves that save the day. KIYA! Corey Rosen Schwartz serves up a fun combination of smart-aleck dialogue and tongue-in-cheek rhymes that'll have kids howling, and rising star Dan Santat's spunky illustrations are sure to pack a punch!

Little Bunny Kung Fu Regan Johnson 2005 Little Bunny Kung Fu pays no attention to what his destruction of bamboo means to other creatures, until the Great Dragon teaches him to behave.

Tai Chi for Kids Stuart Alve Olson 2001-11-01 The first tai chi book exclusively for children ages 4 to 8. • Uses children's delight in imitating animals to teach the eight basic tai chi forms essential for health. • Each exercise is accompanied by colorful artwork and photographs of the author's 7-year-old son demonstrating postures. • Written as a story to invite imaginative play and learning. • Designed for children and parents to play with together and for independent learning by older children. Millions of adults practice the ancient Chinese exercise of tai chi everyday. Now children can experience the numerous health, learning, and social benefits of tai chi--focused attention; enhanced creativity, imagination, self-confidence; and improved balance, circulation, and overall health--through the eight simple exercises introduced in Tai Chi for Kids. Inspired by his own son's excitement with tai chi at the age of only three, master teacher Stuart Olson appeals to the innate imagination and playfulness of children to teach them the eight basic forms of a tai chi practice. Children have

fun imitating animals while guided by colorful and playful illustrations and photographs of Olson's son, Lee, performing each posture. Olson uses the language of a storyteller, wonderful animal metaphors that invite children to pretend, and easy-to-follow step-by-step instructions so that every child can enjoy such exercises as "Chasing the Monkeys Away," and "Riding the Tiger to the Mountain." The book also includes a fun teaching tale of how tai chi first began that can be read out loud by a parent or independently by the older child. Tai Chi for Kids introduces children to a lifetime of physical fitness and instills in them a love of movement.

[Ninja Red Riding Hood](#) Corey Rosen Schwartz 2014-07-10 Can a ninja-fied Little Red Riding Hood end with everyone happy? Find out in this fractured fairy tale that's sure to be a storytime hit. Wolf just can't catch a break! Ever since the three little pigs started teaching everyone Ninja skills, huffing and puffing just hasn't been enough to scare up a good meal. His craving for meat sends Wolf to classes at the dojo, and soon he's ready to try out his new moves. A little girl and her tiny granny should be easy targets—right? Not if Little Red has anything to say about it! Kiya! Kids will be sure to fight over this companion to the hits *The Three Ninja Pigs* and *Hensel and Gretel: Ninja Chicks!*

[The Martial Arts Book](#) Laura Scandiffio 2003 Provides an overview and history of martial arts such as karate, taekwondo, and judo, and offers facts on each of the disciplines and anecdotes about famous martial artists.

Julie Black Belt Oliver Chin 2007 Julie is inspired by her film idol to take Kung fu classes, but soon learns to value the art much more than the color of the belt she might wear.

The Art of Kyuki-Do Ken Blumreich 2019-12-18 If you ever wondered what the martial art known as Kyuki-Do is, then this book is for you. The "Art of Kyuki-Do" will introduce you to Ken Ok Hyung Kim's philosophy and history of Kyuki-Do martial arts and is a necessary manual for your training in Kyuki-Do martial arts. Additionally, the book contains instructional pictures of all the forms necessary to achieve a Black Belt in Kyuki-Do martial arts.

Adventures of Ook and Gluk: Kung Fu Cavemen from the Future Dav Pilkey 2012-12-01 Tra-la-laaa! Dav Pilkey -- ahem -- we mean, George and Harold, the authors of *SUPER DIAPER BABY*, are back with their second epic novel! Meet Ook and Gluk, the stars of this sensationally silly graphic novel from the creators of *Captain Underpants!* It's 500,001 BC, and Ook and Gluk's hometown of Caveland, Ohio, is under attack by an evil corporation from the future. When Ook, Gluk, and their little dinosaur pal Lily are pulled through a time portal to 2222, they discover a future world that's even more devastated than their own. Luckily, they find a friend in Master Wong, a martial arts instructor who trains them in the ways of kung fu. Now all they have to do is travel back in time 502,223 years and save the day!

Cobra Kai: The Karate Kid Saga Continues - Johnny's Story Denton J. Tipton 2020-07-08 Is Johnny really the good guy? See *The Karate Kid* in a whole new light in this retelling through the eyes of Johnny Lawrence, two-time All Valley Tournament Champion.

Kid's Karate Activity Book George Avalon 2014-11 An ideal book for kids aged 5 to 12 just starting Karate, or for those interested in starting. While this kid's Karate book covers the things most other books do (how to punch, kick, and block), this book aims to allow kids to step inside the Karate tradition- to understand the essence of Karate. To engage kids minds it is a Karate activity book. It starts by teaches kids about the Karate tradition: about the Samurai, Okinawa, and Buddhism. It then draws upon the Karate tradition to answer moral questions such as when is it right to use Karate, and about the the 'Spirit of Karate'. The book then prepares kids for their Karate journey. It introduces bowing, what Karate kids wear; the Karate belt system; and points out the pitfalls they may face when they take up Karate. It is only after these things are covered that the book turns to the Karate techniques themselves. It introduces the basic punches, kicks, and blocks. This leads the way about how to learn Kata. The book ends with a parent's guide.

Small-Circle Jujitsu Wally Jay 1989 The complete presentation of the system developed by Wally Jay, this book brings together elements from different arts, Jay's broad-based yet focused and effective system incorporates theories, principles, and techniques essential to the development of every martial artist, whether a novice or a seasoned veteran. In this definitive instructional text, Jay covers the history of small-circle jujitsu; techniques for warm-ups, falling and resuscitation; details on weaknesses of the human body; locking techniques for wrists, fingers, arms, and legs; throwing and choking techniques; and self-defense against strikes, chokes, body grabs, and wrist grabs.

The Weaponless Warriors Richard Kim 1974 History of Okinawan karate and its growth, told through vignettes about its most famous practitioners.

Shaolin Monks Tony Smith 2009-08-01 Qigong is the force behind the Shaolin monks' physical and mental prowess. It is their mastery of qi, or energy flow, that allows them to execute superhuman feats. Young readers will be amazed at the training and discipline required of these warriors.

Enter the Dojo! Martial Arts for Kids (Set) Various 2020-01-15 Practicing martial arts is a great way for kids to exercise, learn self-defense, become disciplined, and learn and preserve the important heritage of a number of cultures. Various forms of martial arts have been around for thousands of years. This set explores some of the most popular forms of martial arts for kids, including aikido, karate, and tae kwon do. Exciting fact boxes and bright photographs supplement the in-depth narratives. Take readers into the dojo to learn something new. Features include: Fact boxes that provide readers with additional information. Full-color photographs depict key aspects of martial arts in practice. Informative yet manageable texts summarize essential martial arts concepts.

Who Was Bruce Lee? Jim Gigliotti 2014-05-01 Bruce Lee was a Chinese American action film star, martial arts instructor, filmmaker, and philosopher. His Hong Kong and Hollywood-produced films elevated the traditional martial arts film to a new level of popularity and acclaim. Through such films as *Way of the Dragon* and *Enter the Dragon*, Lee helped to change the way Asians were presented in American films and, in the process, he became an iconic figure known throughout the world. Although he died at the young age of 32, Bruce Lee is

widely considered to be the one of the most influential martial artists of all time.

The Best Book of Martial Arts Lauren Robertson 2020-06-23 Learn about types of martial arts, cool moves and fascinating techniques in the My Best Book of Martial Arts picture book!Hi-yah! Jump into the exciting world of martial arts in the My Best Book of Martial Arts picture book. Young aspiring black belts will love learning about the different types of martial arts, techniques, and moves through stunning and dynamic photography and bitesize text. From learning the ways of Karate to Kung Fu and Jujutsu, this book is the perfect introduction for energetic, martial arts-crazed children!The My Best Book of series captures exciting and fascinating topics in amazing photographic detail and fun, easy to read text. Obsessed children won't want to go anywhere without their Best Book of..

Karate Kids Holly Sterling 2020-05-05 Gi? Ready! Belt? Ready! Let's go! It's karate time. HAI-YAH! Join Maya and all her friends as they get together at the dojo for their Saturday karate class! There are moves to remember, blocks to practice, and punches to perfect. Maya is a white belt, which means she's still a beginner, but with focus, balance, and determination -- and a little help from her friends -- can she show Sensei what she's got? Written and illustrated by Holly Sterling, a karate champion and teacher, this is a joyful and uplifting celebration of the sport and a must-have primer for any child hoping to be a karate kid one day.

Bonsai Martial Arts Heero Miketta 2010-03-24 Probably the greatest challenge for martial arts teachers: Working with children. â€œParents and kids are the most demanding group in any dojo, and very often also one of the biggest in numbers.â€œ Two experienced members of the German Shoshin Projekt developed a complete concept for Bonsai martial arts, proven in many dojos since then.â€œ The result is a comprehensive guide to martial arts training with children in Karate, Ju-Jitsu, Taekwondo, Kung Fu, Kickboxing or any other style. â€œNow finally in the long-awaited English version.

Ming's Kung Fu Adventure in the Shaolin Temple Li Jian 2015-10-20 This beautifully illustrated multicultural children's book follows Ming as he discovers the birth of Kung Fu. After Xiao Ming participates in a martial arts exercise at school, his parents take him on a trip to the Shaolin Temple—the birth-place of kung fu—in the central Henan Province of China. The temple is situated in the forests of Shaoshi Mountain, one of the seven mountains of Song Mountains. With a history of over 1,500 years, the grand Shaolin Temple has precious stone-carvings in its many buildings. At the Warrior Monks School (Wuseng Yuan), he sees monks practicing kung fu and jumps in to learn some martial arts skills. He then goes into a stone cave by mistake and meets a monk who turns out to be Bodhidharma, the founder of Zen Buddhism, according to legend. Bodhidharma takes him onto the mountain to see peach flowers, small birds and big trees. He tells Ming how the Shaolin Temple became the birthplace of Zen in Buddhism.

Bruce Lee Isabel Sanchez Vegara 2019-08-05 Part of the critically acclaimed Little People, BIG DREAMS series, discover the life of Bruce Lee, the martial artist and Hollywood film star. Born in San Francisco but raised in Hong Kong, Bruce Lee was the child star of Hong Kong cinema. But, after getting into trouble as a teenager, his father sent him to live in America. Starring roles were hard to come by for Asian-American

actors in Hollywood, but Bruce went on to act in blockbuster hits, featuring his skill as a martial artist. This inspiring book features stylish and quirky illustrations and extra facts at the back, including a biographical timeline with historical photos and a detailed profile of the great actor's life. Little People, BIG DREAMS is a best-selling series of books and educational games that explore the lives of outstanding people, from designers and artists to scientists and activists. All of them achieved incredible things, yet each began life as a child with a dream. This empowering series offers inspiring messages to children of all ages, in a range of formats. The board books are told in simple sentences, perfect for reading aloud to babies and toddlers. The hardcover versions present expanded stories for beginning readers. Boxed gift sets allow you to collect a selection of the books by theme. Paper dolls, learning cards, matching games, and other fun learning tools provide even more ways to make the lives of these role models accessible to children. Inspire the next generation of outstanding people who will change the world with Little People, BIG DREAMS!

I'm Lucy Mathea Levine 2008 Illustrates the life of Lucy, a young bonobo chimpanzee, and her family.

Life Ki-Do Parenting Jonathan Hewitt 2012-07 Under the tremendous pressure and influence of peers and media today, children are being conditioned to follow the American Happiness Formula: look good + perform well + get approval = happiness. Yet rather than offering fulfillment and confidence, this outwardly based quest is causing alarming rates of childhood stress, anxiety, and depression. Life Ki-do Parenting provides the antidote, giving you the techniques to help your child find true and lasting happiness from within. Integrating twenty years of experience teaching life skills and martial arts to thousands of children, twenty-five years of mindfulness and meditation study, and data and research from modern psychology and neuroscience, Jonathan Hewitt developed the Tools for Life system, made up of four powerful components: River Check-in for improving focus River Effort for building confidence and a strong sense of self A-B Formula for developing resilience when facing life's challenges My Shoes, Your Shoes, Our Shoes for cultivating social intelligence These four original tools empower children with the critical skills they need to thrive today and into adulthood. Going beyond concept and theory, they give you kid-friendly vocabulary and a simple process for helping your children look inward to monitor themselves rather than looking outward to others for their validation and self-worth. What greater peace can you have as a parent than knowing you have given your child the roots and wings to successfully navigate their way through life?

My First Gymnastics Class Alyssa Satin Capucilli 2016-06-14 Text and photographs take readers through their very first gymnastics class.

Taekwondo for Kids Y. H. Park 2012-09-04 Taekwondo for Kids is a fun and accessible guide to Taekwondo practice. First time martial arts students are not just starting a program of physical and mental practice. They are entering a new world--one that not only has new rules, new goals, and even new clothing but that also offers them lots of new opportunities for fun and accomplishment. This martial arts books for kids includes introductions to the history and philosophy of the martial art, what to expect in the first few classes, how to warm up and practice, advice on setting goals, and information on competitions and tournaments. With over 75 full-color illustrations, including 40 clearly diagrammed Taekwondo exercises, and lots of fun facts and

informative sidebars written in kid-friendly jargon-free language, this is the perfect introduction for the younger martial artist.

Fun Kids Karate Coloring Book for Boys and Girls Dadya Coloring Book 2020-03-10 Karate Coloring Book is full of high-quality illustrations in black and white. You can color your favorite characters showing your imagination. Make a wonderful gift for you, your kid and your friend! Buy now and enjoy! About the book: - High quality premium images - Printed single sided resist bleed-through - A great way to relax, unwind, and let your creativity flow! - Single-sided pages, 8.5x11 size - Perfect as gift for kids and adults Birthday Gifts & Christmas Gifts Graduation & End of School Year Gifts Summer Travel & Vacations Loot Bag Gifts at Birthday Parties Art Journals and Doodle Diaries Summer Vacation Trips Back to School Quiet Time If you are looking for a different book, make sure to click on the author name for other great sketchbook ideas. This unique style coloring book can be a great gift No matter if you are a MMA, Brazilian Jiu-Jitsu, Kung Fu, Muay Thai or Karate fighter yourself... Great coloring book for those who watch karate fighting martial arts. Relaxing coloring to unwind the daily stress. Coloring MMA fighters, Knock Outs, Kicks, Punches, Arm Locks and more. Please SEE that you like our UNIQUE coloring pages LOOK INSIDE & BACK COVER. This coloring book is for kids and teenagers. COLORING LEVEL - Medium to Difficult. NO MESSY COLORING - With This Book you get one coloring page per sheet, so you can use pencils, pens or markers without the colors bleeding into other pages. This coloring book is not for kids, it was created for grownups.

Kungfu for Kids Paul Eng 2005-01-15 A fun and accessible introduction to studying kungfu—designed specifically with the interests and capabilities of young martial artists in mind. First time martial arts students are not just starting a program of physical and mental practice. They are entering a new world—one that not only has new rules, new goals, and even new clothing—but that also offers them lots of new opportunities for fun and accomplishment. Kungfu for Kids will help prepare kids to start learning about kungfu and help them practice at home. It includes thorough introductions to the history and philosophy of the techniques, what to expect in the first few classes, how to warm up and practice, and advice on setting goals. With over 75 full-color illustrations, including 40 clearly diagrammed kung fu exercises, along with lots of fun facts and informative sidebars written in kid-friendly jargon-free language, this is the perfect introduction for the younger martial artist.

My Cat Knows Karate Kenn Nesbitt 2018-10-26 Kenn Nesbitt returns with another round of the ridiculous rhymes, wacky wordplay, and preposterous punchlines that kids love to read. My Cat Knows Karate includes seventy new poems about goofy gadgets, kooky characters, funny families, absurd situations, and much, much more.

Virtues of a Great Warrior Ori Avnur 2014-04-01 Virtues of a Great Warrior was written after a proverb from the world of martial arts: "At the beginning of his path, the warrior trains to know how to fight. At the end, he trains to know how to avoid fighting." It tells the story of a young warrior who is looking for guidance in the art of the sword. The meeting with a great master reveals to him the real teachings behind the art, his life purpose, and also something greater... The practice of martial arts brings great control over the body, and

balance and mastery over the senses, but if it's not coupled with mind training and correct intention it can become dangerous and destructive. The practitioner must not only learn the techniques externally, but he must also learn to direct the great force he has gained towards benefiting others and the Greater Good. Otherwise, no matter how skillful he becomes at his performance, he will always create more harm than good. If he selfishly uses the practice solely for his own benefit, sooner or later he will lose his inner balance and the Right Way. But if he practices with the correct motivation, he will become a peace-bringer who can bring peace to himself and to his opponent. He will know how to transform aggression into harmony.

My First Karate Class Alyssa Satin Capucilli 2016-12-13 Beginning readers can learn all about what happens at karate class in this Pre-level 1 Ready-to-Read with sweet text and photographs of young martial artists-in-training! It's the first day of karate class. What will it be like? Find out in this early reader by Biscuit creator Alyssa Satin Capucilli. Karate students wear a uniform called a gi, and learn to block and kick! Young readers will love seeing kids their age practicing karate, learning words like obi (the karate belt), and more in this adorable introduction to the sport! Includes a special section of step-by-step instructions for basic karate moves—to be done with a parent or guardian's supervision.

The Kids' Karate Book Michael J. Dunphy 1999 Introduces the basics of karate, discussing the techniques and uses of striking, kicking, and blocking, as well as karate legends, lore, and lingo. Includes a beginner's belt.

The Kids' Karate Workbook Didi Goodman 2009-10-13 The Kids' Karate Workbook is an engaging workbook meant to be used at home by young people who want to supplement their regular Karate or Taekwondo training. Drawing on the author's more than 20 years of experience teaching martial arts to children, the book offers a step-by-step curriculum that traces a typical journey from first-day beginner to intermediate-level student. Along the way, kids learn about uniforms and etiquette; practice the most frequently used strikes, kicks, blocks, and forms; and unlock the basics of martial arts physics. The curriculum is highly interactive, inviting readers to answer questions and solve puzzles. It also highlights common mistakes to avoid, answers frequently asked questions, and points the way to a deeper understanding of martial arts. The easy-to-follow text is accompanied by 150 illustrations depicting the author's own students—real kids who are also serious martial artists. While written for youngsters, the book is equally useful for parents who want to assist in practicing at home, as well as instructors who teach children.

Martial Arts Coloring Book Arkady Roytman 2013-01-16 Dynamic images to color, accompanied by informative captions, depict 30 international martial arts disciplines. Styles include Jiu-Jitsu, Judo, Sambo, Krav Maga, Muay Thai Boxing, Tae Bo, Kung Fu, and many others.

Little Monk and the Mantis John Fusco 2012-08-21 **2012 Creative Child Magazine Preferred Choice Award Winner!** A young boy, abandoned on the steps of the Shaolin Temple, is adopted by mysterious Kung Fu monks. Raised in a place where the powers of animals are studied and practiced, Wong Long tries to fit in and learn kung fu. Forever bested by the exotic animal styles of the other students, Wong Long runs away from the temple. That summer, he discovers and befriends a small praying mantis. Naming the mantis "Teacher",

Wong Long is inspired to create an entirely new style of self-defense. When he returns to Shaolin Temple with his own unique style, the young monk is redeemed, history is made, and a kung fu legend will live on forever. Little Monk and the Mantis is the thrilling tale of one boy's search for self-expression, courage and the peaceful, non-violent teachings that are at the root of true martial arts.

Hong Kong Martial Artists Daniel Miles Amos 2021-03-24 This book examines the social, political, and cultural changes that have occurred in the practice of Chinese kungfu by martial artists in Hong Kong over the course of the last two decades of British rule and the first two decades of mainland Chinese rule.

A Tale of Two Ninja Kids - Book 1 - a Martial Arts Adventure Story Adam Oakley 2017-12-11 A Tale Of Two Ninja Kids - Book 1 - A Martial Arts Adventure Story - A Ninja Children's Book If you could swap lives with a real ninja kid in Japan, would you? This is what Martin decides to do, to follow his ninja dreams and live the life of a dedicated Japanese martial artist... But he finds on his journey that he meets unexpected dangers, threats that he never expected, and realises that skill does not come overnight - it takes practice! This is a fun, action-packed and inspirational ninja kids book for children of all ages, written for adults to enjoy too... "A Tale Of Two Ninja Kids" will give you a page-turning read that is full of fast-paced martial arts adventure fiction and dangerous encounters, whilst giving a glimpse into the values of the true martial artist, and showing the power of appreciating the life you already have. There are two ninja kids living on opposite sides of the world, and they both want each other's lives... A young boy in Japan named Myasako can not stand his rigorous training any longer. He wants to be a normal boy, able to play and run and have fun with his friends. The other boy in England named Martin dreams of being a real ninja, training daily and turning his body into a weapon, but the closest he has come to it so far is dressing up in his ninja outfit and throwing kicks and punches around the living room of his mother's house. The two ninja kids get the chance to swap lives for a while, and they learn for the first time that they have been overlooking very valuable and worthy things back home, which they never noticed until they were taken away. Both encounter dangers they never expected, and it is only through the stealth and speed of ninja skill that they have any chance of escape... A ninja children's book of martial arts action and adventure as well as a story that instills values of appreciation, mastery and discipline, this is a book for anyone who loves to see what a real ninja kid can do when he is forced to use his skills for the good of others... Great for lovers of martial arts, adventure fiction and ninja kids books, this engaging story shows the value of martial arts and the benefits it can bring, as well as being a great and enjoyable read for school children. Hesitation is an enemy of the ninja - grab the book now for yourself or a loved one! - A Tale Of Two Ninja Kids - Book 1 - A Martial Arts Adventure Story - Ninja Children's Book - This ninja children's story is available on Kindle and Paperback. - Kindle Search terms: ninja kids, ninja kid, ninja kids kindle, ninja childrens book, ninja childrens books, ninja childrens story, ninja book for school kids, ninja book for school children, martial arts adventure kindle, ninja story kindle

Karate for Kids Robin L. Rielly 2012-11-06 A fun and accessible introduction to studying karate—designed specifically with the interests and capabilities of young martial artists in mind. First time martial arts students are not just starting a program of physical and mental practice. They are entering a new world—one that not only has new rules, new goals, and even new clothing—but that also offers them lots of new opportunities for

fun and accomplishment. Karate for Kids will help prepare kids to start learning about karate and help them practice at home. It includes thorough introductions to the history and philosophy of the techniques, what to expect in the first few classes, how to warm up and practice, and advice on setting goals. With over 75 full-color illustrations, including 40 clearly diagrammed karate exercises, along with lots of fun facts and informative sidebars written in kid-friendly jargon-free language, this is the perfect introduction for the younger martial artist.

Kung Fu and Tai Chi Ann Heinrichs 2004 Provides the history, basic techniques, and training of kung fu and tai chi.

Kungfu for Kids Paul Eng 2012-12-11 A fun and accessible introduction to studying kungfu—designed specifically with the interests and capabilities of young martial artists in mind. First time martial arts students are not just starting a program of physical and mental practice. They are entering a new world—one that not only has new rules, new goals, and even new clothing—but that also offers them lots of new opportunities for fun and accomplishment. Kungfu for Kids will help prepare kids to start learning about kungfu and help them practice at home. It includes thorough introductions to the history and philosophy of the techniques, what to expect in the first few classes, how to warm up and practice, and advice on setting goals. With over 75 full-color illustrations, including 40 clearly diagrammed kungfu exercises, along with lots of fun facts and informative sidebars written in kid-friendly jargon-free language, this is the perfect introduction for the younger martial artist.

Kung Fu Master Marty Chan 2019-08-27 Everyone assumes that because he's Chinese, Jon Wong must be good at math and science and a first-class nerd. No matter how hard he tries, he can't seem to shake the stereotypes. After a kung fu action movie, Jon and his best buddy pretend to be martial-arts warriors. Word soon spreads that Jon is a kung fu master, and the kids begin to treat him differently. Rather than correct the mistake, Jon plays up the role and basks in the positive attention from his classmates. But when the school bully challenges him to prove his skills, Jon must figure out a way to somehow keep his status as the cool kid. Without getting pulverized.