



Iron Hand Training

Iron Hand is one of the most essential and beneficial programs I have ever practiced. It has improved my hand attacks in regards to strength, form and accuracy. A few of the most important benefits I have received were quite unexpected. I have found that the practice has improved my mood, energy level and focus. Practicing Iron Hand before I began my other practices has changed and improved my training in every way. My mind is more focused and my movements are more precise. My body is more relaxed and light; I found that I am able to absorb new movements with greater ease.

I would recommend this program to anyone who is serious about their training and ready to advance themselves to the next level. There is nothing to lose and everything to gain.



Jill Stammer

First Degree Black Belt