

NO POUTING IN THE DOJO

Life Lessons through Martial Arts

CATHY CHAPATY holds a third-degree black belt in Taekwondo and has studied a variety of martial arts styles for 25 years. She specializes in teaching children, many with ADHD, Asperger's syndrome, and other challenges. She is an Ambassador for the Association of Women Martial Arts Instructors and has led seminars for National Women's Martial Arts Federation camps.



Chapaty has had dozens of newspaper and magazine articles published on topics ranging from anger management and integrity in sports to mentorship through martial arts. In 2012, the Embassy of the Republic of Korea honored her work for an essay on the transformational power of Taekwondo. She lives in Austin, Texas.

"I really enjoyed this book. It was written in an inspiring, educational, and heartfelt manner. Martial arts instructors of all styles will benefit from reading it."

Dave Kovar

Author of *The Martial Arts Instructors' Toolbox*
& Owner of Kovar's Satori Academy of Martial Arts
Sacramento, California

"Cathy has done what all of us should do: take our experiences, look deeply at them, and then use the best ones to help others along the path."

Tom Callos

Founder, The Community: Martial Arts School Management and Business Network
& Creator of the "Ultimate Black Belt Test"
Placerville, California

"Cathy has coached all three of my children and me in Taekwondo. Her holistic and passionate approach to Taekwondo instruction has made a positive impact on our family. She approaches martial arts instruction like a life mission and is clearly out to make a positive difference in the lives of young people."

Timothy Diller, Ph.D.

Austin, Texas



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