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# Prepare For Battle - Street Dance Secrets (Super Power Practice Book 4)



## Synopsis

The true energy of street dance comes out when two dancers are giving their moves everything they have, fighting fiercely to come out on top. Showcase performances and solo practice sessions are great, but street dance feeds off of raw competition! With a foreword by Street Dance Pioneer JoJo, this book goes deep into everything you need to know to dominate your battles! Learn step by step what it takes to win! "As someone who was there back in the day, this book spoke to me. We all approach battles differently, and this book will help you no matter what your style is." - JoJo, Co-Founder of the legendary Rocksteady Crew Barry "GRIZ" Rabkin is the founder of CypherStyles.com, the world's largest street dance source! GRIZ's lessons make it easy for beginners of all ages to quickly master advanced concepts and help experienced dancers perfect their own unique styles. GRIZ has spent over a decade professionally performing and teaching street dance, sharing the most effective practice and training theories. His research led him to a degree in Psychology and certification as both a National Council on Strength and Fitness Personal Trainer and a Sports Nutritionist. GRIZ has had the opportunity to learn secrets from hundreds of world class dancers and the "Super Power Practice" book series passes all that focused knowledge on to you. Take your street dancing to the next level! Join the tens of thousands of people all over the world who have already learned street dancing from CypherStyles.com!

## Book Information

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