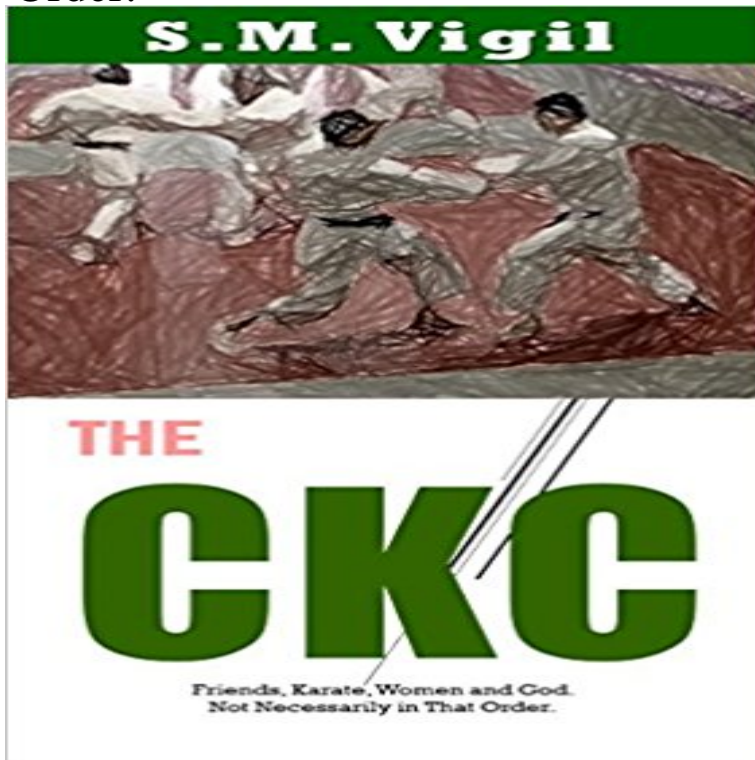


## The CKC: Friendship, Karate, Women and God. Not Necessarily in that Order.



How did I get here? Josh thought to himself as he lay on the ground, curled into a ball to protect himself. Twenty-three years old and a second-degree black belt, it was a position to which he was unaccustomed. The girl Josh was trying to rescue was laughing maniacally while three men kicked, punched and stomped on him, and his best friend lay on a lounge nearby, watching, unable to lend a hand. Or a fist. They're going to kill me, Josh thought as he began to fade from consciousness. His last thoughts were of the beginning of it all, when he walked into the CKC and decided to become Meek. It all started with the CKC. Carlsbad, California. Twenty-three year old Josh and his best friend Brad are new to the town, fresh from college and with new jobs, they are missing the one thing that binds them a karate dojo where they can continue their training. But their joy in discovering the Carlsbad Karate Club, or CKC, soon turns complicated as they fall into the company of different types of men. One group of men use their training to become meek, while other seeks dominance through strength and bravado. Josh's values are questioned, and he must decide who he is and what he believes, which may ultimately cost him his job, his girlfriend, his best friend and even his life.

? eXTReMe Tracker Personal Strength: Evolution Pro-Ana has Evolved. Ps-Evolution is a Pro Ana/Pro-Ana/ C.R.O.N. CRON Calorie Restriction for Optimum Nutrition resource and forum, seeking to include adult Pro-Ana, Pro Ana, proana, mia, C.O.E. Compulsive Eaters, Compulsive Over Eaters, persons seeking or in recovery from Anorexia nervosa, Bulimics, Binge Eaters, Exercise Bulimics, Ed. Nos, Eating Disorder, Not Otherwise Specified, EDNOS and persons both male and female in our Pro-Ana CRON C.R.O.N. Ana Members message board Forum. Here you can also find a Pro-Ana or Ana bracelet, red bracelet or diet tracker bracelet. Personal Strength Evolution/ PSE/ PS-E is a privately managed and hosted Pro-Ana/ Pro Ana site, forum and resource for Pro-Ana adults over the age of 18 years only. Pro Ana: Evolution Questions Resources Forum Resources Questions Pro Ana: Evolution Support PS:E Sponsor PS:E Gallery Gallery Welcome to the Evolution of Pro- Ana, initiated here at PS-Evolution.com Our Statement of Intent... ?To provide a safe, welcoming and inclusive resource and forum for freethinking eating disordered or Pro- Ana adults, as well as those seeking recovery from anorexia or eating disorders of all types, and coming from any background or belief. We are a collective of members sharing a common goal: Learning to understand and control our own eating habits, and/ or striving to reach/ maintain a low body weight, without endangering our health.? This is our definition of true Pro- Ana, or C.R.O.N. (Calorie Restriction for Optimum Nutrition.)

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