

# Kungfu For Kids - Paul Eng

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Kungfu for Kids is a fun and accessible introduction to kung fu. It includes thorough introductions to the history and philosophy of the martial art, 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. Author: Eng, Paul Publisher: Tuttle Publishing Illustration: Y Language: ENG Title: Kungfu for Kids Pages: 00048 (Encrypted EPUB) On Sale: 2012-12-11 SKU-13/ISBN: 9780804836005 Age: 05-09 Reading Level: KN-04 Category: Juvenile Nonfiction : Sports & Recreation - Martial Arts

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