

Karate For Kids - Robin L. Rielly

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A fun and accessible introduction to studying karate designed specifically with the interests and capabilities of young martial artists in mind. First time martial arts students are not just starting a program of physical and mental practice. They are entering a new world one that not only has new rules, new goals, and even new clothing but that also offers them lots of new opportunities for fun and accomplishment. Karate for Kids will help prepare kids to start learning about karate and help them practice at home. It includes thorough introductions to the history and philosophy of the techniques, 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 karate 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: Rielly, Robin L. Publisher: Tuttle Publishing Illustration: N Language: ENG Title: Karate for Kids Pages: 00048 (Encrypted EPUB) On Sale: 2012-11-06 SKU-13/ISBN: 9780804835343 Category: Juvenile Nonfiction : Sports & Recreation - Martial Arts

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