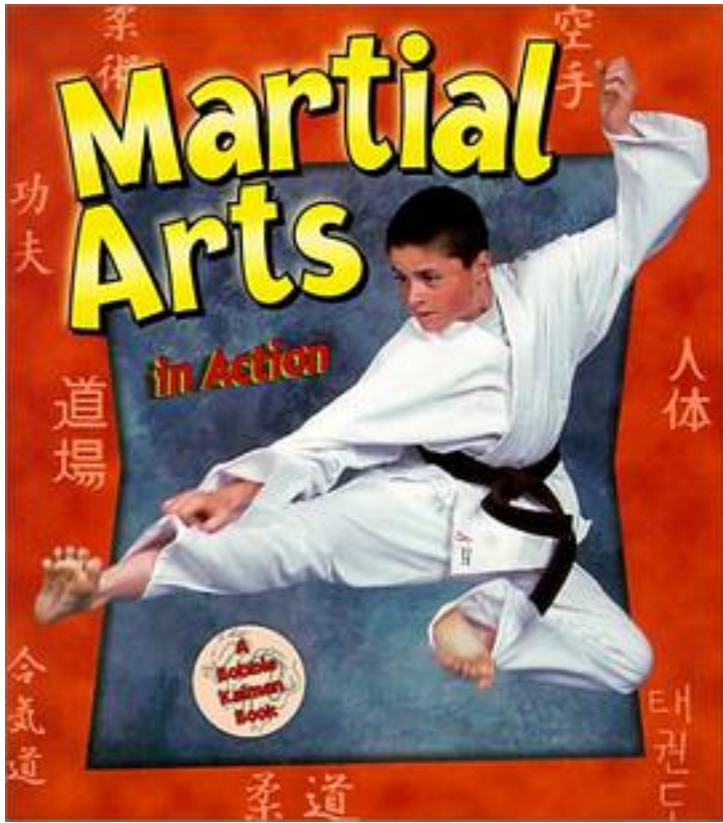


Martial Arts in Action



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著者:Levigne, Heather

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Get in the game with Crabtree's exciting series on some of children's favorite sports. Features: -- the history of the sport-- basic rules of play-- equipment and safety precautions-- techniques and quick tips for kids on how to improve their skills-- action-packed photos showing boys and girls demonstrating moves-- emphasis on the value of fair play and teamwork-- how the professional leagues work Kick into high gear with Martial Arts in Action. Children will learn about karate, tae kwon do, jujitsu, judo,

and kung fu. Important concepts are also discussed, including, self-defense, self-discipline, self-confidence, concentration, and balance. Other topics include: -- the dojo or school-- uniforms and belts-- warming up

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