

Martial Arts



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出版者:Facts on File

出版时间:2001-4

装帧:LIB

isbn:9780791065556

This series introduces the reader to eight popular martial arts. Basic principles and history of each art are discussed, as well as tips on choosing the right club, proper etiquette, dress codes, and techniques. These books also include important terminology particular to each martial art. Learn about the beginning of Karate in Japan.

作者介绍:

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