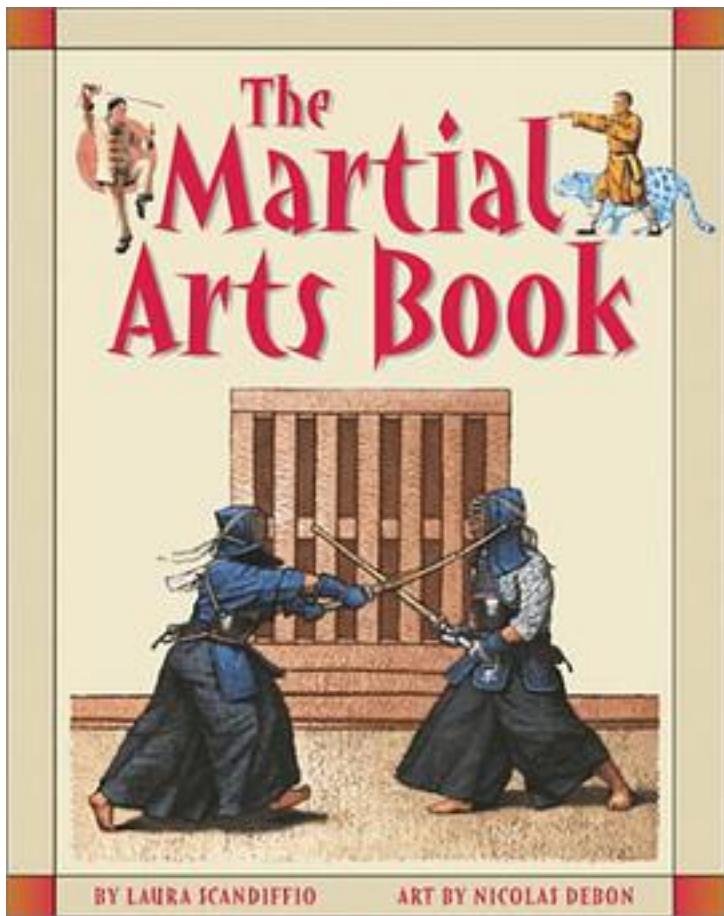


# The Martial Arts Book



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This critically acclaimed book is a fascinating overview of the history and philosophy of the martial arts. Young readers will discover the Shaolin monks of China, whose techniques - such as the drunken monkey - were inspired by the movement of animals, meet the female ninjas of Japan and learn the young warrior's code for students of

Korean tae kwon do. Martial arts covered in this book include: Shaolin Temple Boxing; Tai Chi Chuan; Karate; Tae Kwon Do; Kendo; Judo; Aikido. The Martial Arts Book covers the martial arts from their origins to the present day, and it includes a final chapter that helps readers select the style they would like to study further. Its breathtaking storytelling style makes it an invaluable resource and a popular choice for any curious child.

作者介绍:

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