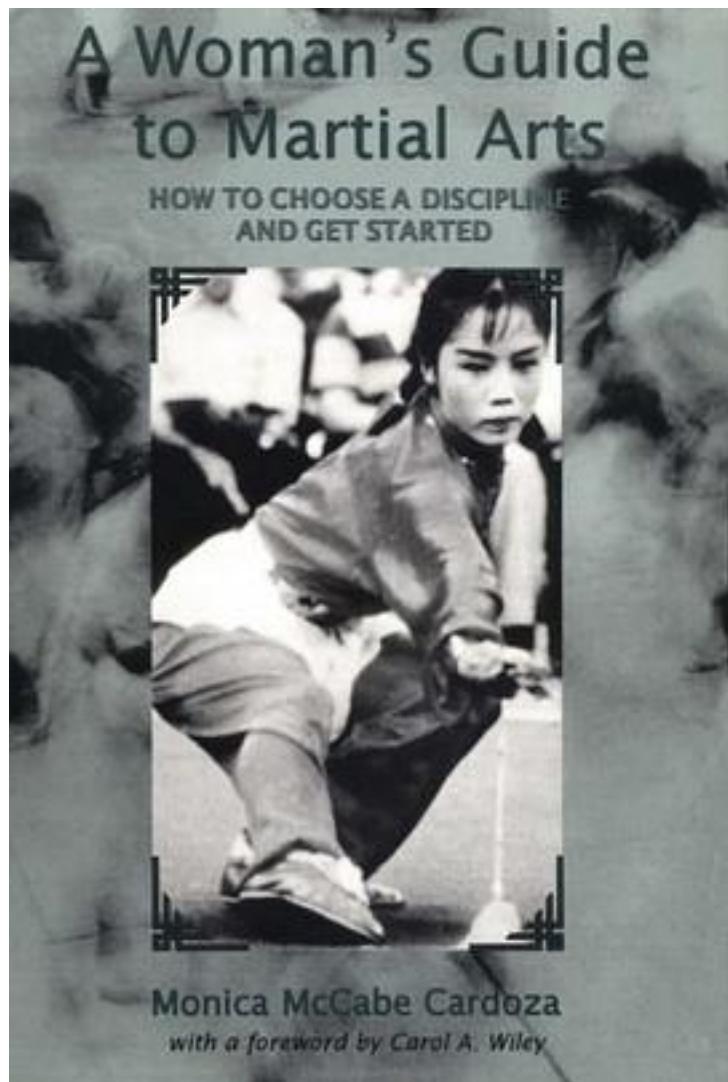


A Woman's Guide to Martial Arts



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For women who have thought about karate, aikido, tai kwondo or another martial art but didn't know how to get past the idea into the practice, this book is the ideal first step. Tailored specifically for women, *A Woman's Guide to Martial Arts* answers intelligently and incisively the kinds of questions that beginners have. It covers in depth such subjects as: the pros and cons of different martial arts styles; ways to overcome common fears beginners often face; what to look for and what to avoid in a school; and what questions to ask a potential instructor. She also covers such basics as uniforms, terminology, and etiquette. McCabe-Cardoza addresses many topics of particular interest to women, including how to diffuse uncomfortable situations that may occur between men and women on the instruction floor. The martial arts are the perfect way to achieve physical, spiritual and mental fitness, as women are increasingly recognizing. This complete sourcebook is the ideal guide for any woman interested in making a commitment to a martial arts program.

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