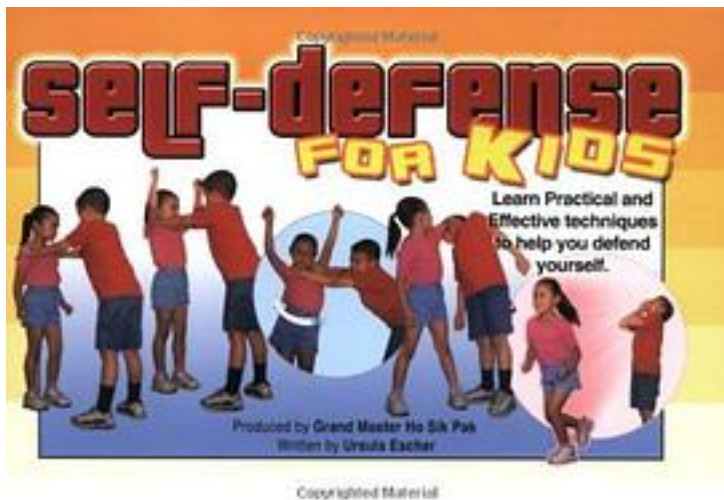


Self-defense for Kids



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著者:Escher, Ursula

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This is a life-saving book written for children that children understand! Inspired by all the tragic events shown on the news: Innocent children who get abducted and murdered by strangers. It is a fear that all parents feel, and that affects everyone. Grand Master Ho Sik Pak and Ursula Escher have come to the rescue with a life-saving book that is easy for children to understand. The writing is short, simple and direct. The pages are very colourful and children will learn by reading or by simply looking at the pictures. The book teaches children about strangers, important safety tips, martial arts techniques, practical applications and much more. More importantly, the series of Martial Arts self-defence techniques are designed specifically for children, their strengths and weaknesses, and their mentality. Self-defence tips include: How to deal with bullies, what to do when a friend needs help, how to defend against someone your own size or bigger than you, and how to use everyday objects for self-defence. This is a book no family should be without!

作者介绍:

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