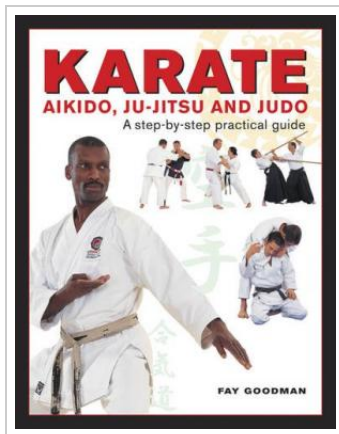




Karate, Aikido, Ju-Jitso & Judo: A Step-by-Step Practical Guide

By Fay Goodman

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Karate, Aikido, Ju-Jitso & Judo: A Step-by-Step Practical Guide, Fay Goodman, The popularity of martial arts has grown tremendously in recent years as its many benefits have become apparent. As well as increasing physical fitness, they also serve to emphasize the importance of a balance between body and mind - and help encourage a sense of harmony and wellbeing. There is a wide range of disciplines to choose from and this book will introduce you to some of the most popular forms. The history and philosophy of each art is explained, followed by photographic step-by-step instructions that clearly illustrate the key techniques. Whether you are a beginner or experienced practitioner, this guide will help you develop your skills at every stage.



READ ONLINE
[5.35 MB]

Reviews

I just started out reading this ebook. I could comprehend every little thing out of this written e book. I am pleased to inform you that this is actually the very best publication i have read through inside my personal life and could be he best ebook for ever.

-- **Antonia Orn IV**

This is basically the very best publication i actually have go through until now. It really is loaded with knowledge and wisdom I realized this publication from my i and dad encouraged this publication to discover.

-- **Bryana Klocko III**