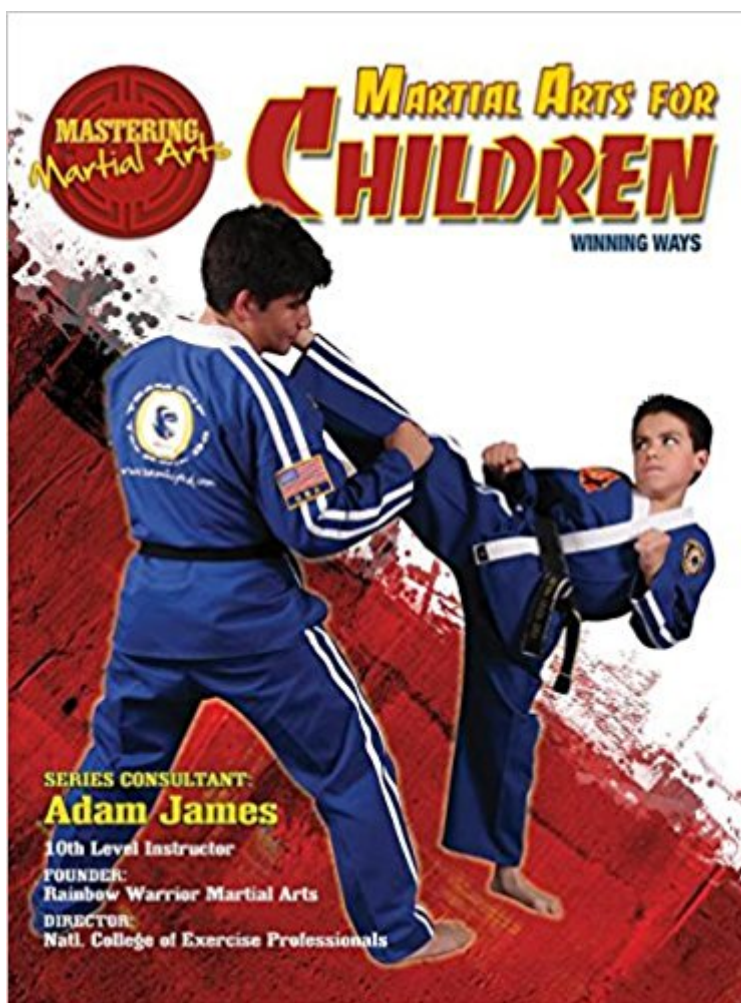


The book was found

# Martial Arts For Children: Winning Ways (Mastering Martial Arts)



## Synopsis

Keeping kids active and fit is a big part of any parents job. And martial arts is a great way to accomplish that goal. Martial arts of all kinds can teach young athletes not only the importance of fitness, flexibility, and strength, but show them a way to harness energy, control anger, and grow in confidence. This book shows some of the different styles children can start to master, gives tips on how to teach young martial artists the right way to approach their studies, and shows how martial arts can be used to help face bullies and other dangers with confidence. Sports are a great way for kids to learn the skills that will help them succeed martial arts might be the perfect sport the kids in your life.

## Book Information

Series: Mastering Martial Arts (Book 10)

Hardcover: 96 pages

Publisher: Mason Crest Publishers (January 1, 2015)

Language: English

ISBN-10: 1422232425

ISBN-13: 978-1422232422

Product Dimensions: 9.6 x 7.6 x 0.5 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #8,230,707 in Books (See Top 100 in Books) #47 in Books > Teens > Sports & Outdoors > Martial Arts #891 in Books > Children's Books > Sports & Outdoors > Martial Arts #66512 in Books > Children's Books > Activities, Crafts & Games

Age Range: 12 - 17 years

Grade Level: 7 - 12

## Customer Reviews

Great cover. Nothing inside is worth reading, though.

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