



Karate for Kids

By Robin L. Rielly

Tuttle Publishing. Hardback. Book Condition: new. BRAND NEW, Karate for Kids, Robin L. Rielly, This is a fun introduction to studying karate designed specifically with the interests and capabilities of young martial artists in mind. Karate for Kids will help prepare them to start learning about karate and help them practise at home. This book includes thorough introductions to the history and philosophy of the techniques, what to expect in the first few classes, how to warm up and practise, and advice on setting goals.

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