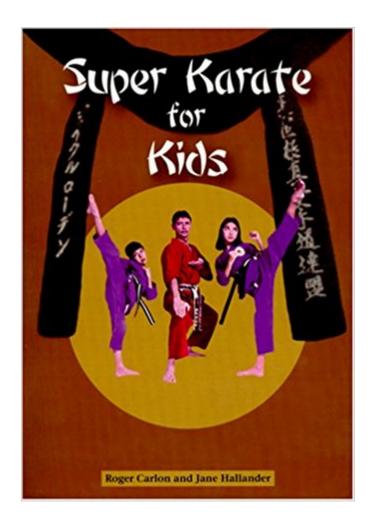


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Super Karate For Kids





Synopsis

By Roger Carlon. #328. 7 X 10, 174 pages, paperback. ISBN #1-892515-18-0. This is the first book to help young adults learn in a completely fun and safe manner on their own! Super Karate for Kids presents the basic skills common to most martial arts. It includes chapters on hand techniques, stretching and strengthening exercises, the four primary kicks, basic self-defense skills and games designed to make training fun and exciting!

Book Information

Paperback: 168 pages Publisher: Unique Publications; 1st edition (October 1, 2000) Language: English ISBN-10: 0865681848 ISBN-13: 978-0865681842 Product Dimensions: 0.2 x 7 x 10 inches Shipping Weight: 13.6 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #8,751,860 in Books (See Top 100 in Books) #53 inà Â Books > Teens > Sports & Outdoors > Martial Arts #918 inà Â Books > Children's Books > Sports & Outdoors > Martial Arts Age Range: 12 and up Grade Level: 7 and up

Customer Reviews

By Roger Carlon. #328. 7 X 10, 174 pages, paperback. ISBN #1-892515-18-0. This is the first book to help young adults learn in a completely fun and safe manner on their own! Super Karate for Kids presents the basic skills common to most martial arts. It includes chapters on hand techniques, stretching and strengthening exercises, the four primary kicks, basic self-defense skills and games designed to make training fun and exciting!

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