



Effective Techniques for Unarmed Combat

Roger Carlon, Mizhou Hui

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There are many martial arts books available that show adults how to instruct young adults, but 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 -- such as punching, blocking and kicking, -- in an easy-to-follow format. 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! Specially designed for young martial artists, Super Karate for Kids features large print, clear and simple instructions, as well as hundreds of dynamic photographs. Finally a fun, informative and safe (no need to worry parents!) book created specially for young martial artists to read and learn from on their own!

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