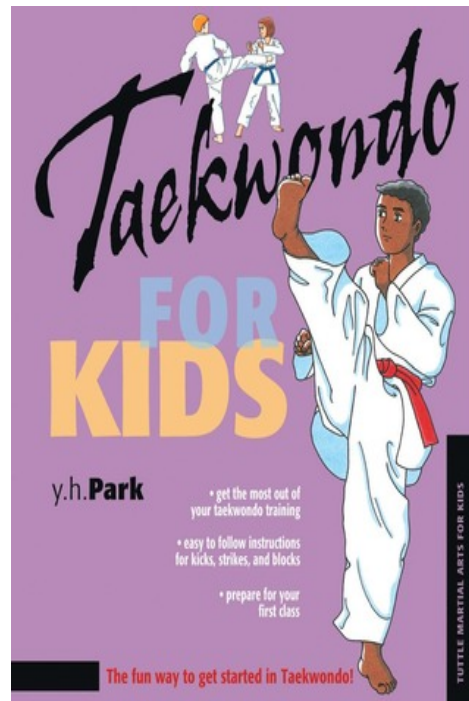


Buch lesen Taekwondo for Kids

By Yeon Hwan Park



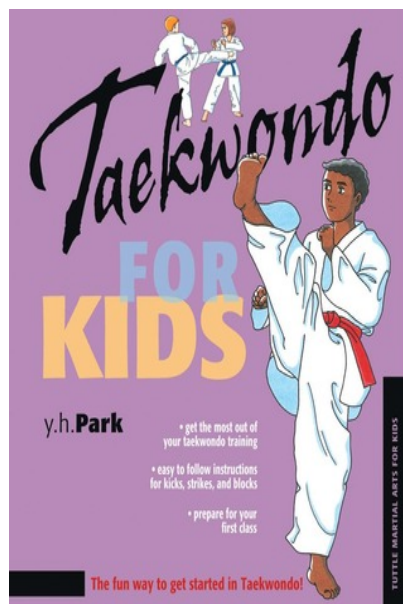
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Books Descriptions

Taekwondo for Kids is a fun and accessible guide to Taekwondo practice. First-time martial arts students are not just starting a program of physical and mental practice. They are entering a new world--one that not only has new rules, new goals, and even new clothing but that also offers them lots of new opportunities for fun and accomplishment. This martial arts books for kids includes introductions to the history and philosophy of the martial art, what to expect in the first few classes, how to warm up and practice, advice on setting goals, and information on competitions and tournaments. With over 75 full-color illustrations, including 40 clearly diagrammed Taekwondo exercises, and lots of fun facts and informative sidebars written in kid-friendly, jargon-free language, this is the perfect introduction for the younger martial artist.

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