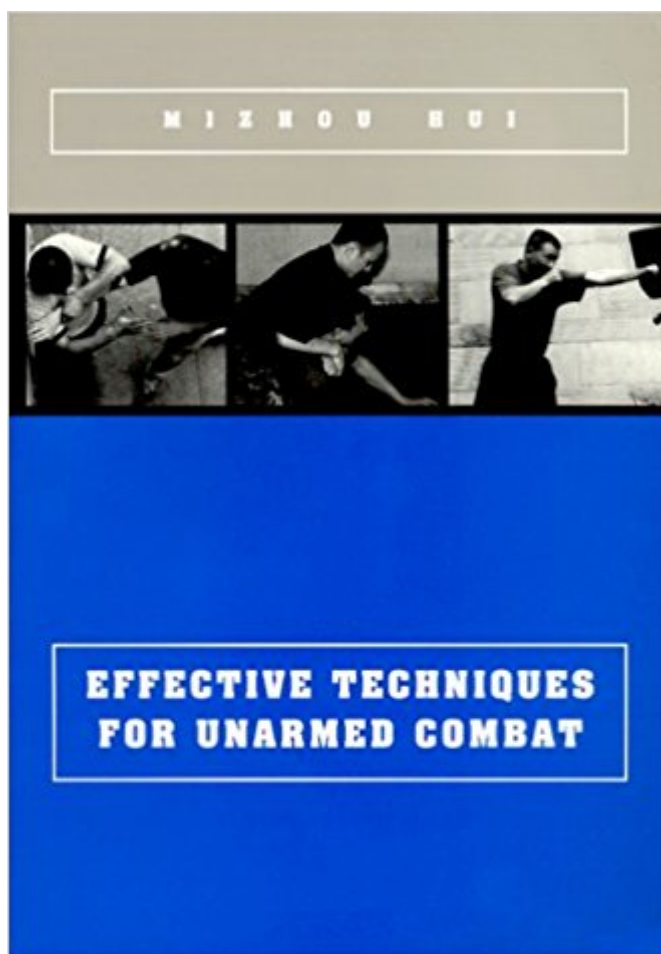


The book was found

Effective Techniques For Unarmed Combat



Synopsis

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!

Book Information

Age Range: 12 and up

Paperback: 90 pages

Publisher: Unique Publications; 1 edition (June 2000)

Language: English

ISBN-10: 1892515180

ISBN-13: 978-1892515186

Product Dimensions: 10 x 7 x 0.2 inches

Shipping Weight: 7 ounces

Average Customer Review: 3.8 out of 5 stars 3 customer reviews

Best Sellers Rank: #4,862,917 in Books (See Top 100 in Books) #27 in Books > Teens > Sports & Outdoors > Martial Arts #666 in Books > Children's Books > Sports & Outdoors > Martial Arts #123407 in Books > History > Military

Customer Reviews

This is a good basic book for beginners in martial arts. If you have advanced training then you already know what's in the book.

This book is a very good one for understanding the most effective ways to move the body in a fight. The author starts off going into leverage in what he titles "A Primer", and then goes into the physics and biomechanics of throwing powerful strikes, including putting the maximum amount of weight into a punch. The second chapter is "Guiding Principles for Kickboxing", and goes into powerful, nontelegraphic blows while keeping a good defensive position. The third chapter goes a little into

jointlocks, and specifically the "wakigatame" style arm bar. The next chapter, on "combat wrestling", goes into a few basic, but effective, takedowns, used primarily as examples to illustrate the authors principles. I think the chapter on unarmed vs. knives is worth looking at, but wouldn't be my #1 source of information on the subject. The last real chapter is unique in that it's about sentry removal in a non-lethal manner for the military. The book ends with a scientific breakdown of Holyfield/Tyson. It's a very good book, especially for the power-hitting and leverage chapters.

I am also a Lethal weapon. Grrr. I only wish that I had this book when I was in Nam. I could have saved so many more, so, so many more. ...

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