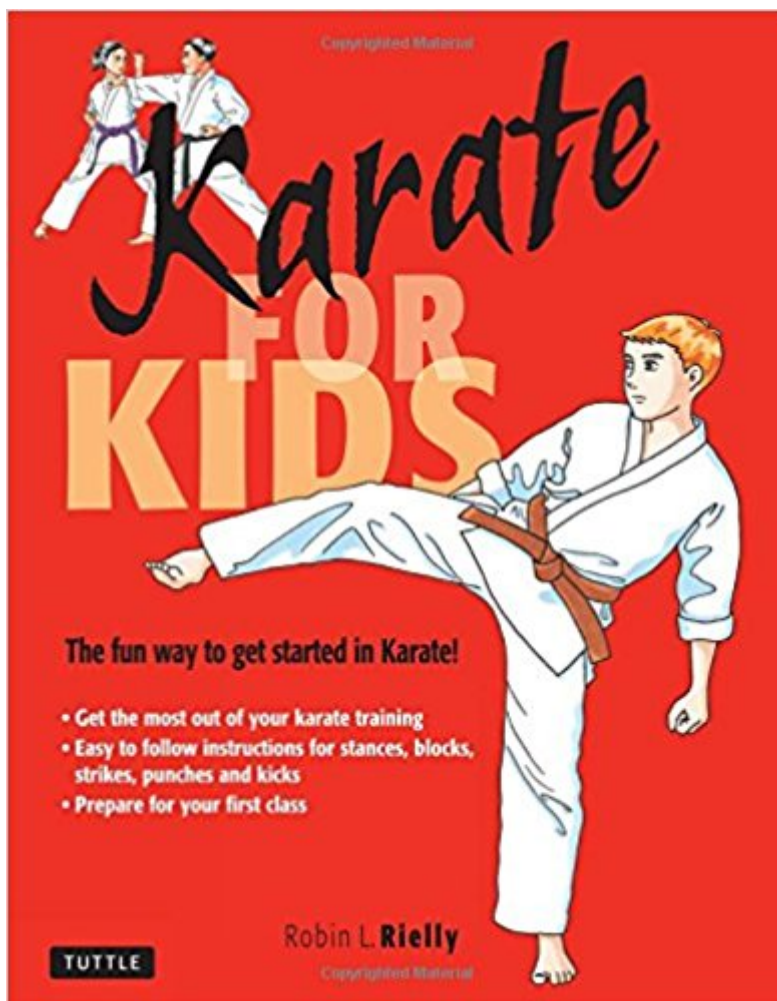




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# Karate For Kids (Martial Arts For Kids)



## Synopsis

A fun and accessible introduction to studying karate—designed specifically with the interests and capabilities of young martial artists in mind. 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. Karate for Kids will help prepare kids to start learning about karate and help them practice at home. It includes thorough introductions to the history and philosophy of the techniques, what to expect in the first few classes, how to warm up and practice, and advice on setting goals. With over 75 full-color illustrations, including 40 clearly diagrammed karate exercises, along with lots of fun facts and informative sidebars written in kid-friendly jargon-free language, this is the perfect introduction for the younger martial artist.

## Book Information

Series: Martial Arts for Kids

Hardcover: 48 pages

Publisher: Tuttle Publishing; Hardcover with Jacket edition (July 15, 2004)

Language: English

ISBN-10: 0804835349

ISBN-13: 978-0804835343

Product Dimensions: 8.5 x 0.4 x 11 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 12 customer reviews

Best Sellers Rank: #174,702 in Books (See Top 100 in Books) #32 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #45 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #47 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Age Range: 4 - 9 years

Grade Level: 5 - 3

## Customer Reviews

Grade 4-8 - This text is clearly written in a conversational style, and the logically organized chapters include information on the history of karate, the uniform, the dojo, the structure of a class, and practicing stances. The book is enhanced with watercolor-and-ink line drawings that show children of both sexes engaged in the sport and with boxes that include "Words to Know," "Safety Tips," etc.

Rielly also offers ways to spot schools and instructors who "may be more interested in business than true karate." This well-designed title should attract both practitioners and browsers. - Grace Oliff, Ann Blanche Smith School, Hillsdale, NJ Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Gr. 5-8. Although it's impossible to learn something as complex as karate through a book, this attractive volume will serve as a backup for kids interested in the activity or already in karate class. Rielly begins with a history of karate before going on to information about the uniform, including the meaning of the belt colors, the rules and etiquette of the dojo, and the interaction between student and teacher. The actual stances are clearly portrayed in watercolor-and-ink artwork that features both boys and girls in a number of stances and practicing thrusts and kicks. The book ends with advice for advancing in karate. A small note on the copyright pages advises readers to check with a doctor before proceeding with martial-arts training. There is also mention in the text that karate is to protect oneself, not cause harm, but more could have been made of that point. Boxes throughout offer definitions and training tips. Browsers as well as students will like this volume. Ilene Cooper Copyright © American Library Association. All rights reserved

This is a good book for kids to use along with class instruction. If you want to help your child to practice what he/she learned in class, proper respect for the Dojo, etc then this book is for you. Keep in mind different martial art systems may have some variances to the techniques in the book but for the most parts the basics are the same for any karate class.

It was very hard for me to tell the age appropriateness for this book. I wish I could have seen more interior details. Turns out it was too beginner for what we needed.

Purchased for grandson. He loved it

my grandchildren love it...

Bought this for my grandson and he loved it. It is simple an great for beginners learning karate. It shows pictures of the moves used in karate.

good book good price

This is the best karate book for kids I have ever seen! It is full of important things to know especially if you are first time Karate parents. It has a great deal of information about what Karate is, the fitness aspect of it, what you should look for in finding a school, how to be aware of schools who would take your money, what you should wear, rules of the "Dojo" warm ups and warm downs, Karate techniques, and much more information. Just a word of advice. If you go to a school for the first time, and they will not let you watch then run the other way!

This Karate book is just great! My 8 year old reads it. It helped him visually to understand poses, kicks, blows, etc. A good review as well as introduction to Karate. I'm glad we purchased it.

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