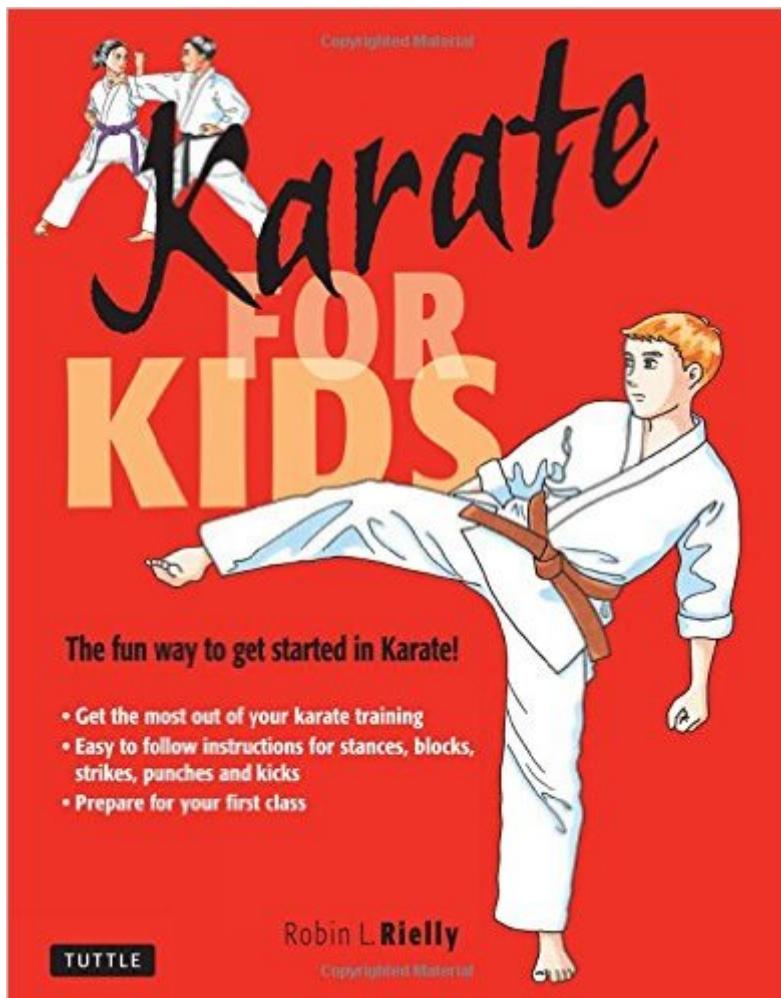


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# Karate For Kids (Martial Arts For Kids)



## **Synopsis**

A fun and accessible introduction to studying karateâ "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 worldâ "one that not only has new rules, new goals, and even new clothingâ "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

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Language: English

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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: 4.6 out of 5 starsÂ See all reviewsÂ (11 customer reviews)

Best Sellers Rank: #467,233 in Books (See Top 100 in Books) #67 inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #102 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #114 inÂ Books > Children's Books > Sports & Outdoors > Martial Arts

Age Range: 4 - 9 years

Grade Level: 5 - 3

## **Customer Reviews**

I wrote a book about teaching martial arts and run a kid's karate class so I believe that I can speak with authority when I say that Rielly's book is well-rounded, easy to read and very child appropriate. It covers all the basics including a brief history of karate, why students might be interested in studying this martial art, an explanation of the karate uniform, description of the dojo (practice hall),

discussion of etiquette, overview of warm up routines, explanation of basic techniques, and description of advancement testing practices. If your child is thinking about taking karate this book can help set his/her expectations and increase his/her chance of success. There is a small caveat about the appropriate use of karate in the front but I wish he'd spent a little more time on that particular aspect. New practitioners, especially younger ones, have a tendency to get into trouble for inappropriately trying out their skills on classmates at school. The sensei (teacher) should cover this but it is always good to know ahead of time. All in all, this book is a great overview for kids. Lawrence Kane Author of *Surviving Armed Assaults*, *The Way of Kata*, and *Martial Arts Instruction*

Knowledgeably written by Robin L. Rielly (an expert martial artist with decades of experience, a seventh-degree black belt in Shotokan karate as well as a second-degree black belt from Shin Kage Ryu jujutsu), *Karate For Kids* is a simple but complete introduction to the fitness, self-defense, movements, philosophies, and etiquette of karate for young people. Down-to-earth illustrated instructions and guidelines for proper decorum as well as appropriate physical form make *Karate For Kids* a "must-read" for children enrolled in a karate course -- or who are considering joining a karate class.

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.

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.

It's not too easy but makes them work. It's a good intro for them. Just have some room for the kicks. And they do push ups and crunches that not all kids are up to at first, so be there to show your kids knee pushups and to give them some encouragement. The kids on the video are in good shape and have good form. Your kids might not be at first :)- Joe

I gave this book to my granddaughter. She has not really mentioned the book. She did say her and her mom read it for her reading time. I hope she is also learning the steps too.

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