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Karate (Kids' Guides)



Synopsis

In its early days, karate was a way for Japanese peasants to defend themselves. Now, it's used in popular movies and remains an exciting martial art. Explore the history of karate, and read about some of the strikes, kicks, and blocks a karataka uses. Discover the mental harmony and physical discipline required for the 'way of the empty hand.'

Book Information

File Size: 10722 KB

Print Length: 32 pages

Publisher: The Child's World, Inc. (January 1, 2014)

Publication Date: January 1, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00J2HS3EM

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

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