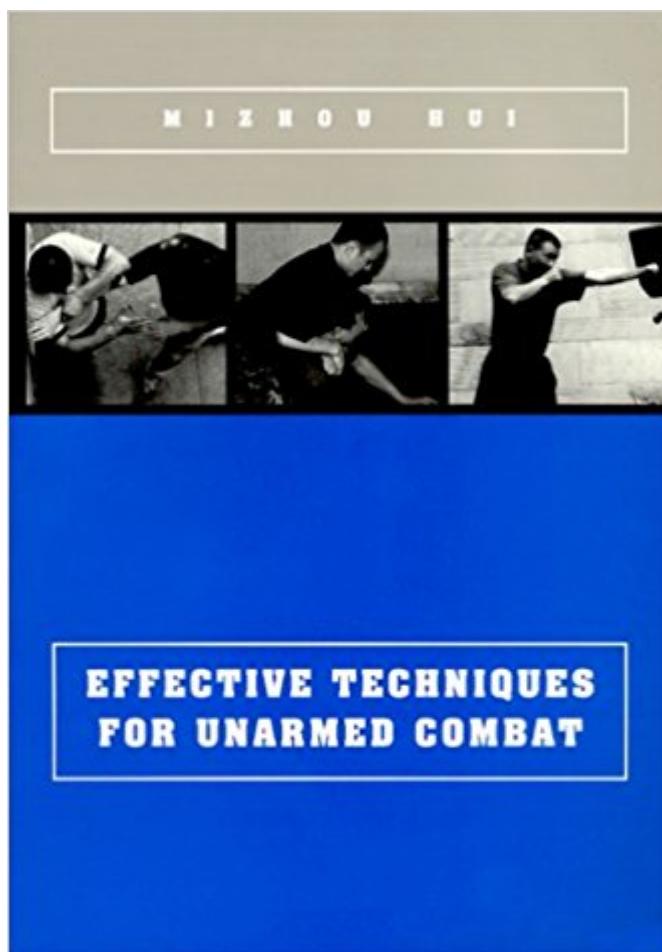


The book was found

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.

[Download to continue reading...](#)

Effective Techniques for Unarmed Combat Carry On, Warrior: Thoughts on Life Unarmed Krav Maga Defense: How to Defend Yourself Against the 12 Most Common Unarmed Street Attacks Knife Fighting, Knife Throwing for Combat (Special Forces/Ranger-Udt/Seal Hand-To-Hand Combat/Special W) Once a Warrior--Always a Warrior: Navigating The Transition From Combat To Home--Including Combat Stress, Ptsd, And Mtbi Aerial Combat Escapades: A Pilot's Logbook: The True Combat Aerial Adventures of an American Fighter Pilot Combat Headaches: A chiropractor's advice for those who suffer from migraines, jaw pain, sinus pain and/or tension headaches (Combat Dis-Ease) (Volume 2) How the Art of Medicine Makes the Science More Effective: Becoming the Medicine We Practice (How the Art of Medicine Makes Effective Physicians) Effective Leadership and Management in Nursing (8th Edition) (Effective Leadership & Management in Nursing (Sull) Effective Phrases for Performance Appraisals: A Guide to Successful Evaluations (Neal, Effective Phrases for Peformance Appraisals) Be A People Person: Effective Leadership Through Effective Relationships A Self-Guided Workbook for Highly Effective Teens: A Companion to the Best Selling 7 Habits of Highly Effective Teens Effective JavaScript: 68 Specific Ways to Harness the Power of JavaScript (Effective Software Development Series) Parachute Rifle Company: A Living Historians Introduction to the Organization, Equipment, Tactics and Techniques of the U.S. Armys Elite Airborne Troops in Combat on the Western Front in World War II Jujutsu: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for the Mind: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Taekwondo: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Women: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Children: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) His Forge Burns Hot for Mosaic Damascus: Knife Patterns & Techniques: Damascus pattern making & techniques. Learn how to make mosaic Damascus

patterns ... techniques for making Damascus patterns.

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)