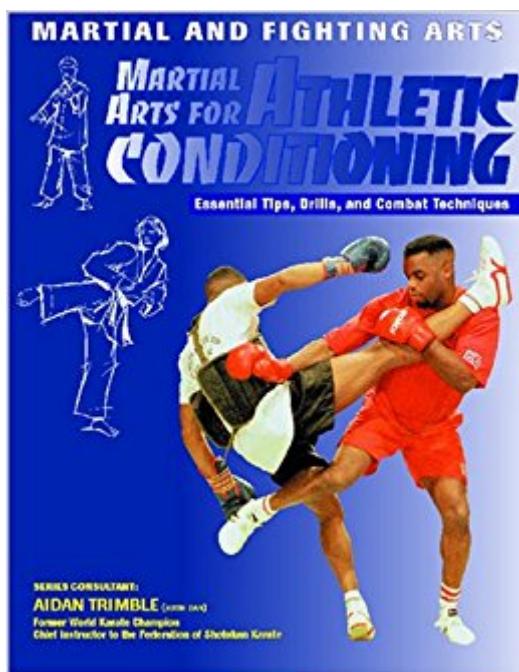


The book was found

# Martial Arts For Athletic Conditioning (Martial And Fighting Arts)



## **Synopsis**

Getting and staying fit is a challenge for everyone. How do you find the right workout that you can maintain and that gives you the best bang for your buck and your time? Martial arts might be the answer. Inside, find out how learning a martial art can provide you with flexibility, strength, weight loss, and overall cardiovascular health. Along with the physical benefits, the martial arts each have a mental approach that can improve your focus and confidence and relieve stress. Instead of heading to the gym, why not try the dojo? --This text refers to the Hardcover edition.

## **Book Information**

Series: Martial and Fighting Arts

Library Binding: 96 pages

Publisher: Mason Crest Publishers (October 31, 2002)

Language: English

ISBN-10: 1590843975

ISBN-13: 978-1590843970

Product Dimensions: 9.3 x 8.1 x 0.5 inches

Shipping Weight: 15.8 ounces

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #6,284,495 in Books (See Top 100 in Books) #35 in Books > Teens > Sports & Outdoors > Martial Arts #760 in Books > Children's Books > Sports & Outdoors > Martial Arts #9448 in Books > Sports & Outdoors > Individual Sports > Martial Arts

Age Range: 12 and up

Grade Level: 7 and up

## **Customer Reviews**

Gr 8 Up  Marred by dense prose and disorganization, these books fail to live up to the promise of their action-filled covers. Photos, illustrations, and sidebars enliven the texts, though the photos are often grainy and poorly matched to the narratives. The writing is choppy and awkward, and most images depict adults, with the exception of Martial Arts for Children. However, like the other volumes in this series, this title seems to be aimed at an adult audience, offering a rambling overview of martial arts philosophy and a sampling of techniques, safe free-fighting, and self-defense. VERDICT All but the most zealous fans will find this set disappointing. --This text refers to the Hardcover edition.

Recently I have purchased quite a few of this martial and fighting art series of Mason Crest Publishers. I just finished reading this 96 page hardcover (Martial Arts for Athletic Conditioning: Essential tips, drills and combat techniques by Eric Chaline) book and found it to be an interesting and informative volume. First off, I like how they emphasize on page 7 that "books can never replace a good instructor." This volume gives an over view of how training in the martial arts can get anyone into great physical shape. I also like the many clear illustrations and photographs in this text. The following material is covered in this book: Eastern training methods, warm-up and preparation, energy work, muscular endurance, strength and stamina, preventing injury, and mental training. There is also a glossary section, clothing and equipment, further reading and useful web sites. I think this is a good basic introduction to several martial arts and shows some of the many techniques in some of these combat arts. Rating: 4 Stars. Joseph J. Truncale (Author: Tactical Principles of the most effective combative systems).

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