



Martial Arts and Self-Defence: A Parent's Guide to Picking the Right Combat Style, Club, Instructor and Training Venue for Your Child or Even for Yourself (Paperback)

By Seamus Martin

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. It isn't what the book costs. It's what it will cost you if you don't read it. - Jim Rohn Lifting The Lid On The World Of Martial Arts From The Perspective Of A Parent And Paying Customer! Are you about to enrol your child in a martial arts class or even join one yourself? Don't know which combat style to pick? Will what they learn actually keep them safe from bullies at school and on the street? Is the club the real deal run by genuine enthusiasts or is it first and foremost a money-making venture peddling bogus martial arts-lite? In this concise, practical manual author Seamus Martin gives you the benefit of all he has learned - pitfalls and plus points - during the first two years of taking his own children to martial arts lessons. He includes a short introduction to each of the most popular martial arts taught in the Western world today - Taekwondo, Karate, Jiu Jitsu, Judo, Kung Fu, Jeet Kune Do, Muay Thai, Krav Maga and...



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