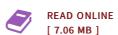




Woman's Guide To Martial Arts (Paperback)

By Monica McCabe Cardoza

Overlook Press, United States, 1998. Paperback. Condition: New. Language: English. Brand New Book. For women who have thought about karate, aikido, tai kwondo or another martial art but didn t know how to get past the idea into the practice, this book is the ideal first step. Tailored specifically for women, A Woman's Guide to Martial Arts answers intelligently and incisively the kinds of fquestions that beginners have. It covers in depth such subjects as: the pros and cons of different martial arts styles; ways to overcome fears beginners often face; what to look for and what to avoid in a school; and what questions to ask a potential instructor. She also covers such basics as uniforms, terminology, and etiquette. McCabe-Cardoza addresses many topics of particular interest to women, including how to diffuse uncomfortable situations that may occur between men and women on the instruction floor. Women are increasingly recognizing the martial arts as the perfect way to achieve physical, spiritual, and mental fitness. This complete sourcebook is the ideal guide for any woman interested in making a commitment to a martial arts program.



Reviews

The book is great and fantastic. it had been writtern extremely perfectly and valuable. I am very happy to let you know that here is the finest pdf i have read through within my own life and can be he very best book for actually.

-- Miss Rossie Fav

These kinds of ebook is almost everything and got me to seeking ahead of time plus more. It really is filled with wisdom and knowledge I discovered this book from my i and dad advised this publication to learn.

-- Sonny Bergstrom

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Bullied: What Every Parent, Teacher, and Kid Needs to Know about Ending the Cycle of Fear

HarperOne, United States, 2013. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English. Brand New Book. Winner of National Parenting Publications Award and Moms Choice Award! Everybody knows how it feels to be ostracized, isolated or taunted, but most...