



## Karate, Aikido, Ju-Jitso & Judo: A Step-by-Step Practical Guide

By Fay Goodman

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Karate, Aikido, Ju-Jitso & Judo: A Step-by-Step Practical Guide, Fay Goodman, The popularity of martial arts has grown tremendously in recent years as its many benefits have become apparent. As well as increasing physical fitness, they also serve to emphasize the importance of a balance between body and mind - and help encourage a sense of harmony and wellbeing. There is a wide range of disciplines to choose from and this book will introduce you to some of the most popular forms. The history and philosophy of each art is explained, followed by photographic step-by-step instructions that clearly illustrate the key techniques. Whether you are a beginner or experienced practitioner, this guide will help you develop your skills at every stage.



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