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## Creating Your Foundation for Training in the Martial Arts (Paperback)

By Len Losik Ph D

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. When considering training in martial arts, it's advantageous to your satisfaction with martial arts that the education also include some academic information to balance with the physical training, so the author recommends a person do just a little research about martial arts, because the only information that will be provided in training will be related 100 to the physical training and there is so much more to martial arts than just the kick-punch aspects. Martial arts can be defined as any of the traditional systems of Oriental self-defense or combat that utilize a person's physical skill and coordination with and/or without weapons, these include Tang Soo Do, Karate, Aikido, Judo, or Taekwondo that is often practiced as a sport. Martial arts are often depicted as high contact, high intensity activities. While there are certain systems of martial arts that do use sparring and high-contact, many do not. Martial arts are ranked as a moderate-dangerous sport for individuals. It is an activity that can be considered for its many benefits beyond building physical and emotional strength, muscle tone, flexibility and...



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