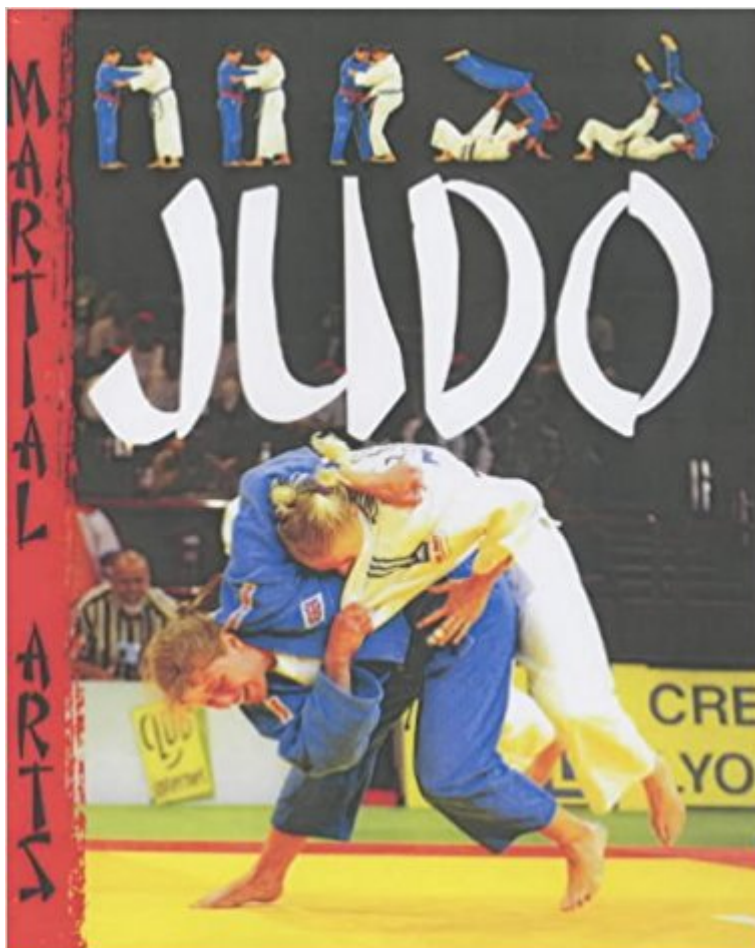


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Martial Arts: Judo Paperback



Synopsis

This series encourages readers to discover the skills required for martial arts. Each title presents one of the arts, explores how it has been developed and how it works today, including famous fighters and international competition. There are step-by-step instructions for holds, throws and other techniques, and advice on safety and locations to learn about martial arts.

Book Information

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Customer Reviews

The whole series from Mason Crest is poorly written, poorly researched, and way too expensive.

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