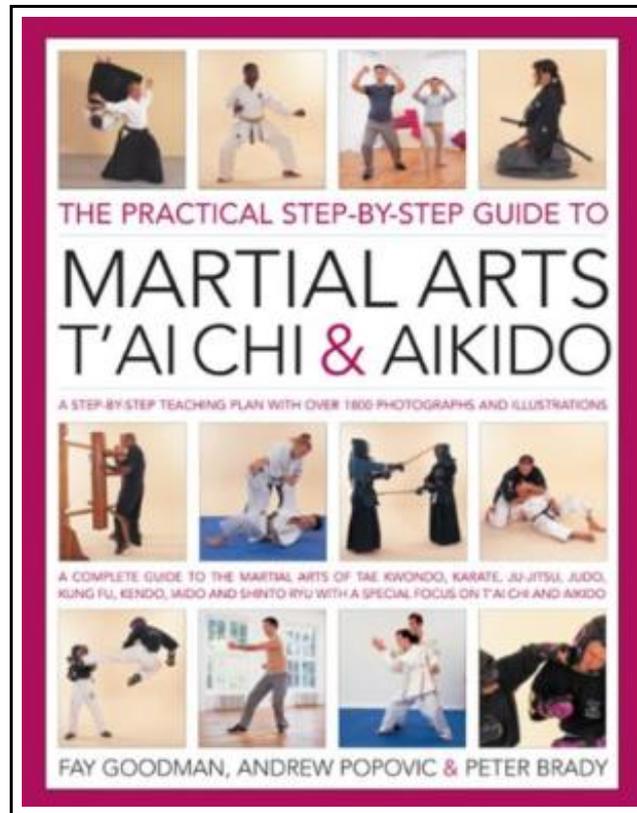


## The Practical Step-by-step Guide to Martial Arts, T'ai Chi & Aikido: A Step-by-step Teaching Plan



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## THE PRACTICAL STEP-BY-STEP GUIDE TO MARTIAL ARTS, T'AI CHI & AIKIDO: A STEP-BY-STEP TEACHING PLAN



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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Practical Step-by-step Guide to Martial Arts, T'ai Chi & Aikido: A Step-by-step Teaching Plan, Fay Goodman, Andrew Popovic, Peter Brady, This title includes a step-by-step teaching plan with over 1800 photographs and illustrations. It is a comprehensive sourcebook expounding the disciplines of several of the martial arts, with in-depth tuition for t'ai chi and aikido. It offers a clear overview of the theory and practice of tae kwondo, karate, aikido, ju-jitsu, judo, kung fu, t'ai chi, kendo, iaido and shinto ryu. It includes clear step-by-step sequences, demonstrated by some of the world's most respected martial artists, are shown in over 1800 stunning photographs. It explores the history of each martial art and explains the symbolism and practical usage of the clothing and equipment for each discipline. It includes advice on choosing the martial arts discipline best suited to your needs - for men, women and children. This comprehensive book is the ultimate resource for the martial arts enthusiast, or for beginners to self-defence training. Many of the oldest and revered martial arts are included. It helps to uncover the secrets and mysteries of tae kwondo, karate, aikido, ju-jitsu, judo, kung fu, t'ai chi, kendo, iaido and shinto ryu. The journey begins with an exploration of each discipline, focusing on the history, philosophy and etiquette, with practical instruction in exercises and techniques, followed by step-by-step tuition for t'ai chi and aikido, demonstrated throughout by expert practitioners. This is the definitive handbook for those interested in learning more about martial arts.

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