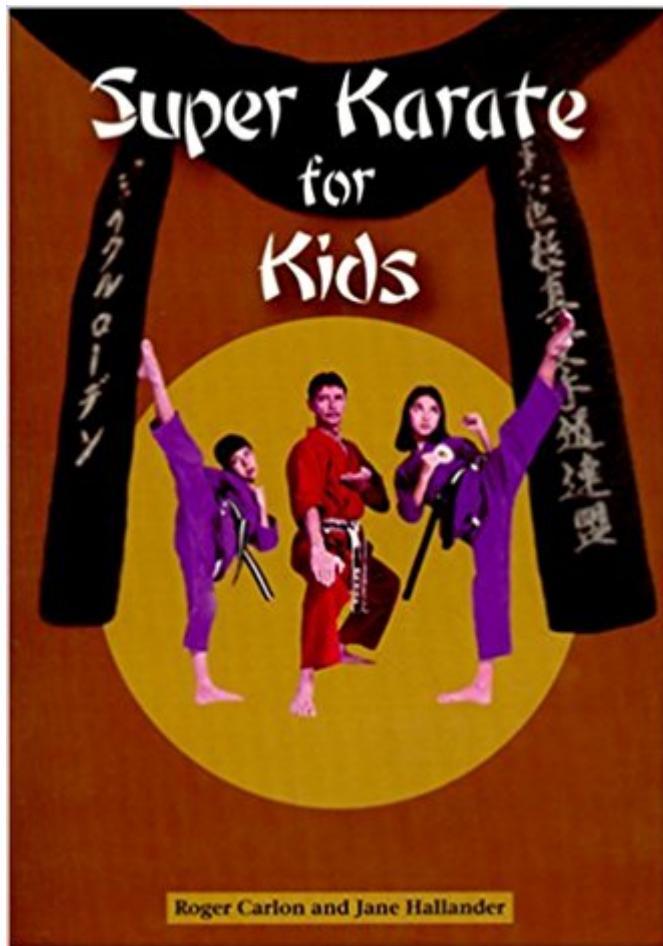


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# Super Karate For Kids



Roger Carlon and Jane Hallander



## Synopsis

By Roger Carlon. #328. 7 X 10, 174 pages, paperback. ISBN #1-892515-18-0. This is the first book to help young adults learn in a completely fun and safe manner on their own! Super Karate for Kids presents the basic skills common to most martial arts. It includes chapters on hand techniques, stretching and strengthening exercises, the four primary kicks, basic self-defense skills and games designed to make training fun and exciting!

## Book Information

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Shipping Weight: 13.6 ounces (View shipping rates and policies)

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Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

By Roger Carlon. #328. 7 X 10, 174 pages, paperback. ISBN #1-892515-18-0. This is the first book to help young adults learn in a completely fun and safe manner on their own! Super Karate for Kids presents the basic skills common to most martial arts. It includes chapters on hand techniques, stretching and strengthening exercises, the four primary kicks, basic self-defense skills and games designed to make training fun and exciting!

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