



Hand-Eye Coordination (Junior Martial Arts)

Kim Etingoff

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Hand-Eye Coordination (Junior Martial Arts) Kim Etingoff

Introducing young readers to the ideas behind the worlds greatest methods of unarmed combat, this series includes information on the skills needed to succeed in various martial arts. These books explain the importance of concepts such as self-discipline, confidence, safety, and more skills that can serve students of martial arts well, both in training and in their everyday lives.

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