



Kung Fu Masterclass (Paperback)

By Fay Goodman

Anness Publishing, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. Features of this work include: a comprehensive guide to the most popular martial arts: kung fu, tae kwondo, tai chi, kendo, iaido and shinto ryu; clear step-by-step techniques and specialist advice, explained and taught by qualified experts; over 350 colour photographs demonstrate exercises and movements from each discipline; and, concise explanations of the underlying philosophy of each martial art help you to choose which one will be the most effective and right for you. Martial arts have grown in popularity in recent years as we have begun to discover the many benefits that each one can offer. While they can help to improve physical fitness, they also teach the importance of balance between body and mind, and this makes them particularly appealing. There is a wide range of disciplines to choose from and this guide introduces you to some of the most popular forms. The fascinating history and philosophy of each art is clearly explained, followed by the photographic step-by-step guide that introduces you to exercises and techniques. Whether you are a beginner or an experienced practitioner, this important guide will help you develop at each...



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