



The book was found

Trends In Martial Arts (Dance And Fitness Trends) (Dance & Fitness Trends)



Synopsis

This contemporary title explores trends in martial arts in today's health-oriented world. The young reader is exposed to the health and fitness perspective of martial arts, while being encouraged to draw conclusions as to the appropriateness of the activity in his or her life. A variety of martial arts, including kickboxing, MMA, Tae Bo, Brazilian jiu-jitsu, judo, tae kwon do, and karate are presented with history, philosophy, and techniques. Safety issues are presented where appropriate. The Trends in Marital Arts title has been developed to encourage teens to analyze the information and satisfies many of the Common Core specific goals, higher level skills, and progressive strategies for middle grade and junior high level students.

Book Information

Series: Dance & Fitness Trends

Library Binding: 48 pages

Publisher: Mitchell Lane Publishers (August 15, 2014)

Language: English

ISBN-10: 1612285538

ISBN-13: 978-1612285535

Product Dimensions: 0.2 x 6.2 x 9.2 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #8,276,472 in Books (See Top 100 in Books) #48 in Books > Teens > Sports & Outdoors > Martial Arts #103 in Books > Teens > Art, Music & Photography > Performing Arts > Dance #156 in Books > Teens > Personal Health > Fitness & Exercise

Customer Reviews

Gr 7 Up-This series introduces sports that may not be taught in typical physical education classes, such as yoga and cross-training. Each book begins with a descriptive story about teens experiencing a workout: a blow-by-blow approach that slows down the flow with too many details, leaving readers hungry for a basic factual overview. There is also an excess of information about fringe yoga styles like doga (yoga with dogs). These books don't hone in on the information that kids will need when deciding whether to try one of these exercises, throwing a ton of material at readers without organizing it or communicating clearly (for instance, the chapter on yoga history comes too soon, before readers know enough about its role in contemporary society), and long walls of text may be intimidating. The graphics appear dated, with page numbers in compact disc icons, and the

photo quality is dark, blurry, and poor, many of them featuring adult models who won't resonate with the intended audience. Though the books take on interesting subjects, their many flaws make them problematic. (c) Copyright 2014. Library Journals LLC, a wholly owned subsidiary of Media Source, Inc. No redistribution permitted.

Tammy Gagne is the author of numerous books for adults and children, including African Dance and Support for Education for Mitchell Lane Publishers. She resides in northern New England with her husband and son. One of her favorite pastimes is visiting schools to speak to kids about the writing process.

[Download to continue reading...](#)

Trends in Martial Arts (Dance and Fitness Trends) (Dance & Fitness Trends) Trends in Hip-Hop Dance (Dance and Fitness Trends) (Dance & Fitness Trends) African Dance Trends (Dance and Fitness Trends) (Dance & Fitness Trends) Line Dances Around the World (Dance and Fitness Trends) (Dance & Fitness Trends) Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Parting the Clouds - The Science of the Martial Arts: A Fighter's Guide to the Physics of Punching and Kicking for Karate, Taekwondo, Kung Fu and the Mixed Martial Arts Martial Arts for the Mind: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Women: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Children: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for People with Disabilities (Martial and Fighting Arts) Martial Arts for Athletic Conditioning (Martial and Fighting Arts) Martial & Fighting Arts (Martial and Fighting Arts Series) MMA Training: The Ultimate Beginners Guide To Mixed Martial Arts (Including Drills & Tactics) (MMA, Martial Arts, Self Defense, BJJ) Martial Arts for Children: Winning Ways (Mastering Martial Arts) Martial Arts for Women: Winning Ways (Mastering Martial Arts) Fight Like a Physicist: The Incredible Science Behind Martial Arts (Martial Science) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Mental Combat: The Sports Psychology Secrets You Can Use to Dominate Any Event! (Martial Arts, Fitness, Boxing and MMA Performance) Ultimate Warrior Workouts (Training for Warriors): Fitness Secrets of the Martial Arts Splits: Stretching: Flexibility - Martial Arts, Ballet, Dance & Gymnastics Secrets To Do Splits - Without Leg Stretching Machines or Cables (Splits, Stretchers, ... Leg Stretching Machine, Cables, MMA Book 0)

Contact Us

DMCA

Privacy

FAQ & Help