



First Sport: Martial Arts (Paperback)

By James Nixon

Hachette Children s Group, United Kingdom, 2017. Paperback. Condition: New. Illustrated edition. Language: English . Brand New Book. Always thought martial arts were cool? Do you want to learn more about them? First Sport: Martial Arts looks at the basic aims and moves of judo, karate and taekwondo. First Sport is a simple, fun series that gives young readers a first look at popular sports and pastimes. Equipment, basic rules and keeping safe are all looked at, as well as learning more advanced skills and taking part in competitions. Pictures show the sport step-by-step with simple friendly text. Perfect for readers aged 7 and up.



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