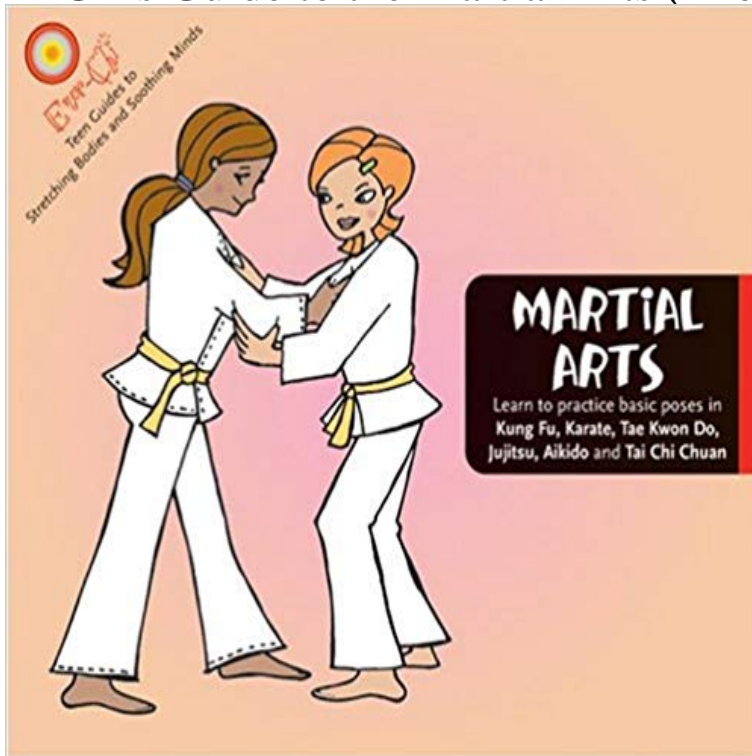


A Girls Guide to the Martial Arts (Ener-Chi Books)



This book presents basic descriptions of Karate, Judo, Jujitsu, Aikido, and Tae kwon do. An opening chapter describes these disciplines origins among Shaolin monks, samurai, and ninjas. Following chapters describe clothing, colors, belts, and basic moves, then advise on how and where to find proper instruction in each discipline. Ener-Chi Books, written especially for teens, present ideas and exercises that both energize a girls body and soothe her spirit. The books take inspiration from a variety of Asian practices and exercisethus, the suffix chi, a Chinese term that denotes internal physical and spiritual bodily energy. Ener-Chi Books feature clear, easy-to-follow directions and illustrations that are both clever and instructive, all presented in full color.

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