



## Kungfu Basics (Paperback)

By Paul Eng

Tuttle Publishing, United States, 2004. Paperback. Book Condition: New. 246 x 170 mm. Language: English . Brand New Book. Get your training off to a great start--from basic kicks to training and tournaments--this book is a perfect introduction to kung fu for beginners. It s everything you need to get started in kung fu! Are you eager to learn kung fu, but don t know where to begin? Are you intimidated by the unfamiliar terms or the variety of styles? With Kungfu Basics you ll become an expert in this Chinese martial art in no time! Whether you are considering taking up this martial art, or you ve already started, Kungfu Basics offers an easy, yet comprehensive introduction to everything you need to know to feel confident and be successful. You ll learn about: The origins of kung fu--philosophy, history and different stylesWhat really happens in a kung fu class--invaluable tips on choosing the right school, getting ready for your first class, and basic training methodsThe essential elements of the style--stances, footwork, kicks, and hand techniques, with tips on common mistakes and how to get the most power out of each moveDrill and conditioning exercises--exercises to compliment your trainingEffective ways...



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