



## Kung Fu: Tae Kwondo, Tai Chi, Kendo, Aiado, Shinto Ryu. A Step-by-Step Practical Guide

By Fay Goodman

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Kung Fu: Tae Kwondo, Tai Chi, Kendo, Aiado, Shinto Ryu. A Step-by-Step Practical Guide, Fay Goodman, 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 book will introduce you to some of the most popular forms. The history and philosophy of each art is explained, followed by photographic step-by-step instructions that clearly illustrate the key techniques. Whether you are a beginner or experienced practitioner, this guide will help you develop your skills at every stage.

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