



A Girl S Guide To The Martial Arts

Author :Alice Jablonsky / **Category** :Juvenile Nonfiction / **Total Pages** : 78 pages



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Summary : Free a girl s guide to the martial arts pdf download - introduces teen-aged girls to six of the martial arts presents advice on getting started including finding an instructor defines basic terms and illustrates such basic poses and movements as the inside-out crescent block and the forward roll-out

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