



Trends in Martial Arts (Dance and Fitness Trends) (Dance & Fitness Trends)

Tammy Gagne

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This contemporary title explores trends in martial arts in today's health-oriented world. The young reader is exposed to the health and fitness perspective of martial arts, while being encouraged to draw conclusions as to the appropriateness of the activity in his or her life. A variety of martial arts, including kickboxing, MMA, Tae Bo, Brazilian jiu-jitsu, judo, tae kwon do, and karate are presented with history, philosophy, and techniques. Safety issues are presented where appropriate. The Trends in Marital Arts title has been developed to encourage teens to analyze the information and satisfies many of the Common Core specific goals, higher level skills, and progressive strategies for middle grade and junior high level students.

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