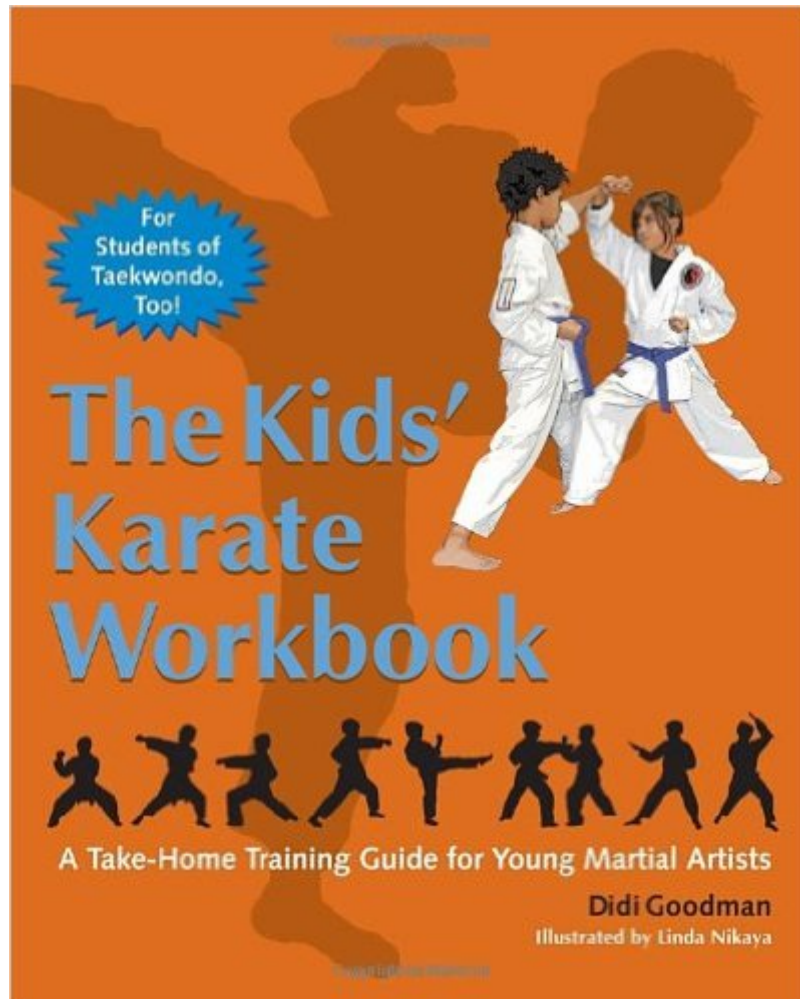


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# The Kids' Karate Workbook: A Take-Home Training Guide For Young Martial Artists



## Synopsis

The Kidsâ™ Karate Workbook is an engaging workbook meant to be used at home by young people who want to supplement their regular Karate or Taekwondo training. Drawing on the authorâ™s more than 20 years of experience teaching martial arts to children, the book offers a step-by-step curriculum that traces a typical journey from first-day beginner to intermediate-level student. Along the way, kids learn about uniforms and etiquette; practice the most frequently used strikes, kicks, blocks, and forms; and unlock the basics of martial arts physics. The curriculum is highly interactive, inviting readers to answer questions and solve puzzles. It also highlights common mistakes to avoid, answers frequently asked questions, and points the way to a deeper understanding of martial arts. The easy-to-follow text is accompanied by 150 illustrations depicting the authorâ™s own studentsâ”real kids who are also serious martial artists. While written for youngsters, the book is equally useful for parents who want to assist in practicing at home, as well as instructors who teach children.

## Book Information

Paperback: 208 pages

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Product Dimensions: 8 x 0.6 x 10 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #361,765 in Books (See Top 100 in Books) #81 in [Books > Children's Books > Sports & Outdoors > Martial Arts](#)

Age Range: 10 and up

Grade Level: 5 and up

## Customer Reviews

Wow! I teach child safety and self defense classes, and I ordered this book a few days ago, looking for a resource for my students and their parents. It arrived today. I just got home an hour ago, and dinner is quite late because I have been reading the book non-stop. It's INCREDIBLE!!! In nineteen years as an instructor, I have used many handouts and homework exercises to reinforce the lessons taught in class, and I've often thought that I should assemble a companion guide to help

parents guide their child's practice at home. The Kids' Karate Workbook is exactly what I was looking for! The book strikes a perfect balance between specific techniques and general good martial arts practice - all of it perfectly targeted for grade school kids. The book takes the essentials of good practice and the key points of martial arts philosophy and presents them with sound teaching methods in a format that kids and parents can use. It's equally useful in a Karate, Tae Kwon Do or Mixed Martial Art school. [Kids can even learn what these different martial arts are by reading the excellent appendix!] I no longer have any urge to write this book, since I know I couldn't top the excellent job that Sensei Didi and company have done! Instead, I'd just like to learn how many I'll have to order in order to get some sort of bulk discount, because I'm sure that my students and their parents will agree with me! For parents and kids looking to enrich their martial arts practice, I highly recommend this book!

I am the head instructor of a martial arts school in S. Florida and I have an earlier version of the book. I liked it so much I purchased one for each instructor in the dojo so they can review the tips and teaching techniques to improve their own lessons. While the title says it is a kids book, I find it valuable for adult students as well.

Really good book for kids but my only issue would be I'd like it to be a little more in depth with a little more details about the actual martial arts stuff such as kata, self defense, sparring. It mainly focuses on very general stuff such as how to put on uniform, how to act in class, basics about what to do in class such as bowing in and such. All important info for a beginner child I just wish it would have kept going with more information. Just a little too long winded on the basics without much more actual substance. Still that being said would still say its a good book and a good start.

This book is very good and comprehensive. But the reading level and depth of it is way beyond my 6 and 7 year olds. I'd say a 10 year old with a decent reading ability would get a lot out of this. Or an instructor that wants to hone their skills at teaching children.

This book is an excellent supplement to martial arts training. The easy-to-read text by Sensei Didi Goodman will be useful to students as well as parents. Linda Nikaya's illustrations will remind and reinforce what students have learned in class and in this book about stances, arm positions, and self-defense techniques. All the basics needed for training at home with and without training partners are covered. The emphasis is on self-defense skills and good form with the addition of

some basic martial arts' philosophy as it applies to kids' lives today. These tools provide the building blocks of self confidence that come from practicing contemporary martial arts. The book will help kids get better at their arts--and have a lot of fun practicing too!

This workbook is a great resource for kids who are just starting martial arts and for those who have practiced for years. It is filled with wonderful illustrations, clear explanations, and fun activities. As an instructor in children's martial arts classes, I know that the mistakes that students make appear again and again - this book does a great job of clearly highlighting these challenges in a way that kids understand so that they can practice effectively and safely. This book is just what students need to have fun, learn, and grow while they practice at home. I highly recommend this book as a supplement to in-class instruction - it's an extremely valuable resource that is both fun and accessible for beginning students!-Lara B-B

I purchased this as an addition to my own growing library hoping it would become a recommendation that I could make to parents of children in my own program. The material is thorough and provides great explanation and detailed photographs but is NOT intended for instructors who have any type of MMA built into their program. Lots of traditional elements make it a probable review for instructors of a much more traditional program.

The interactive style of Sensei Didi Goodman's reference book helps engage and challenge young readers who are taking martial art classes. It is a comprehensive book with a complete set of illustrations, designed as a modern text book which can be used to learn and to have fun at the same time. As an adult martial art student, I enjoyed reading it as it helped seal certain terminologies and concepts in my mind. A must have companion for young martial art enthusiasts who want to advance in their disciplines.

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