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Trends In Martial Arts (Dance And Fitness Trends) (Dance & Fitness Trends)



Synopsis

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.

Book Information

Series: Dance & Fitness Trends

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Best Sellers Rank: #8,276,472 in Books (See Top 100 in Books) #48 in [Books > Teens > Sports & Outdoors > Martial Arts](#) #103 in [Books > Teens > Art, Music & Photography > Performing Arts > Dance](#) #156 in [Books > Teens > Personal Health > Fitness & Exercise](#)

Customer Reviews

Gr 7 Up-This series introduces sports that may not be taught in typical physical education classes, such as yoga and cross-training. Each book begins with a descriptive story about teens experiencing a workout: a blow-by-blow approach that slows down the flow with too many details, leaving readers hungry for a basic factual overview. There is also an excess of information about fringe yoga styles like doga (yoga with dogs). These books don't hone in on the information that kids will need when deciding whether to try one of these exercises, throwing a ton of material at readers without organizing it or communicating clearly (for instance, the chapter on yoga history comes too soon, before readers know enough about its role in contemporary society), and long walls of text may be intimidating. The graphics appear dated, with page numbers in compact disc icons, and the

photo quality is dark, blurry, and poor, many of them featuring adult models who won't resonate with the intended audience. Though the books take on interesting subjects, their many flaws make them problematic. (c) Copyright 2014. Library Journals LLC, a wholly owned subsidiary of Media Source, Inc. No redistribution permitted.

Tammy Gagne is the author of numerous books for adults and children, including African Dance and Support for Education for Mitchell Lane Publishers. She resides in northern New England with her husband and son. One of her favorite pastimes is visiting schools to speak to kids about the writing process.

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