



Blue Snake Kids

**A COMPREHENSIVE WORKBOOK
WITH FUN GAMES AND TRAINING EXERCISES
TO HELP YOUNG KARATE AND TAEKWONDO
STUDENTS PRACTICE AT HOME**

• Designed as a companion to regular training for serious students, this workbook is unique among children's martial arts books

• An estimated 3 million kids participate in karate or another martial art

Drawing on the author's more than 20 years' experience teaching martial arts to children, *The Kids' Karate Workbook* 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 author's own students—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.

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MARTIAL ARTS/JUVENILE NONFICTION

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Didi Goodman is a writer and martial arts instructor who has trained in Karate, Taekwondo, and the Vietnamese art of Cuong Nhu. She founded the Cuong Nhu Redwood Dojo in Oakland, CA, where she lives.

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