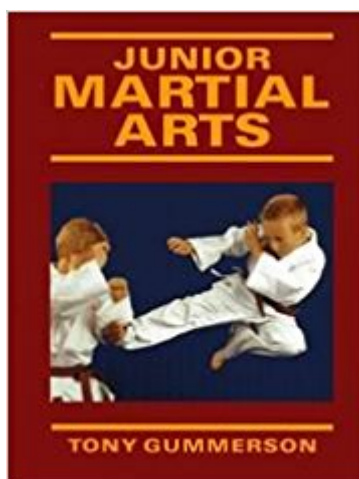


The book was found

Junior Martial Arts



Synopsis

In recent years it has clearly been shown that training, grading and competition which are appropriate for senior martial arts students may not be relevant or suitable for the younger ones. This book looks at the very specific needs, both physical and psychological, of the junior practitioner. Drawing on his experience as a sports physiologist, Tony Gummerson explains the effects of growth and training on the body, why coaches should ensure students are not overloaded and how to plan a safe programme that includes body awareness and proper recovery periods. He also discusses how instructions can stimulate and maintain trainees' interest during lessons by including combat games and using simple pieces of equipment.

Book Information

Paperback: 160 pages

Publisher: A & C Black (October 1990)

Language: English

ISBN-10: 0713656972

ISBN-13: 978-0713656978

Product Dimensions: 0.5 x 8.8 x 8.8 inches

Shipping Weight: 12.8 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #18,553,213 in Books (See Top 100 in Books) #69 in [Books > Teens > Sports & Outdoors > Martial Arts](#) #490 in [Books > Sports & Outdoors > Coaching > Children's Sports](#) #12974 in [Books > Sports & Outdoors > Individual Sports > Martial Arts](#)

[Download to continue reading...](#)

MMA Training: The Ultimate Beginners Guide To Mixed Martial Arts (Including Drills & Tactics) (MMA, Martial Arts, Self Defense, BJJ) Parting the Clouds - The Science of the Martial Arts: A Fighter's Guide to the Physics of Punching and Kicking for Karate, Taekwondo, Kung Fu and the Mixed Martial Arts Martial Arts for People with Disabilities (Martial and Fighting Arts) Martial Arts for Athletic Conditioning (Martial and Fighting Arts) Martial Arts for the Mind: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Children: Winning Ways (Mastering Martial Arts) Martial Arts for Women: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Children: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Women: Winning Ways (Mastering Martial Arts) Martial & Fighting Arts (Martial and Fighting Arts Series) Junior Martial Arts Fight Like a Physicist: The

Incredible Science Behind Martial Arts (Martial Science) Frozen Junior Novel (Disney Junior Novel (ebook)) Inside Out Junior Novel (Disney Junior Novel (ebook)) Descendants Junior Novel (Disney Junior Novel (ebook)) Diccionario Escolar Junior: Larousse Junior School Dictionary (Spanish Edition) Find the Right Words with Thesauruses (Explorer Junior Library: Information Explorer Junior) Descendants 2 Junior Novel (Descendants Junior Novel) Junior Worldmark Encyclopedia of World Cultures: 9 Volume Set (Junior Worldmark Encyclopedia of World Cultures) Filipino Martial Culture (Martial Culture Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)