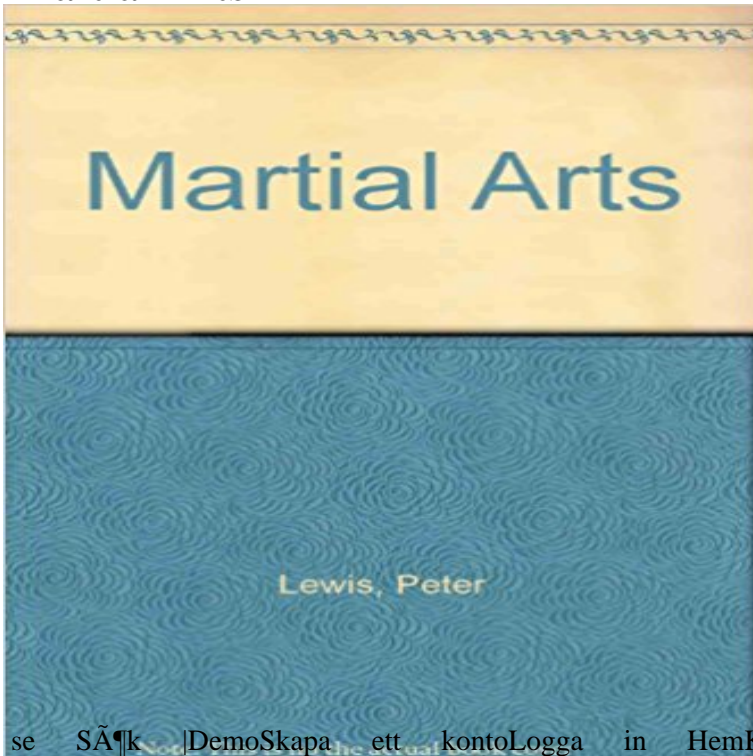


Martial Arts



This is an introduction to the origins, philosophy, and practice of the worlds martial arts. It provides a chapter-by-chapter tour of the many varieties of martial arts, such as aikido, iai-do, jiu-jitsu, judo, karate, kendo, kung fu, kyudo, naginata, ninjutsu, sumo, taekwon-do, and Thai boxing, discussing how and why these arts developed, their ways and laws, founding myths and heroes, and the culture that created them. A glossary of martial arts terminology and an illustrated section on martial arts weaponry are also included.

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