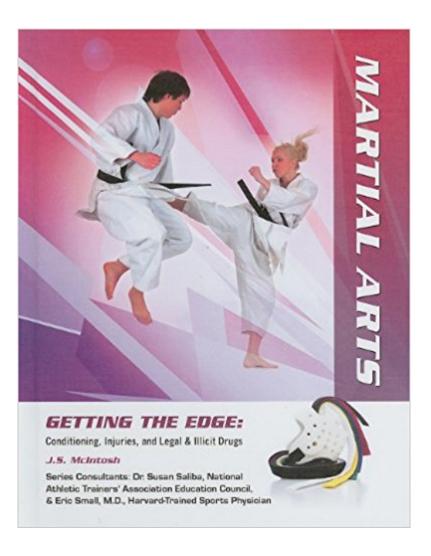


The book was found

Martial Arts (Getting The Edge: Conditioning, Injuries, And Legal & Illicit Drugs (Library))





Synopsis

Readers learn about martial arts, their history, prevention and treatment of common injuries, training, nutrition and supplements, as well as information about the dangers of performance-enhancing drugs.

Book Information

Lexile Measure: 1140L (What's this?) Series: Getting the Edge: Conditioning, Injuries, and Legal & Illicit Drugs (Library) Library Binding: 96 pages Publisher: Mason Crest Publishers (September 1, 2010) Language: English ISBN-10: 1422217388 ISBN-10: 1422217382 Product Dimensions: 7.5 x 0.4 x 9.4 inches Shipping Weight: 12.8 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #15,388,427 in Books (See Top 100 in Books) #64 in Books > Teens > Sports & Outdoors > Martial Arts #12547 in Books > Sports & Outdoors > Individual Sports > Martial Arts #75659 in Books > Health, Fitness & Dieting > Exercise & Fitness Age Range: 12 - 15 years Grade Level: 7 - 10

Download to continue reading...

Martial Arts (Getting the Edge: Conditioning, Injuries, and Legal & Illicit Drugs (Library)) Hockey (Getting the Edge: Conditioning, Injuries, and Legal & Illicit Drugs (Library)) Track & Field (Getting the Edge: Conditioning, Injuries, and Legal & Illicit Drugs (Library)) Basketball (Getting the Edge: Conditioning, Injuries, and Legal & Illicit Drugs (Library)) Extreme Sports (Getting the Edge: Conditioning, Injuries, and Legal & Illicit Drugs) Soccer (Getting the Edge: Conditioning, Injuries, and Legal & Illicit Drugs) Abusing Over the Counter Drugs: Illicit Uses for Everyday Drugs (Illicit and Misused Drugs) Martial Arts for Athletic Conditioning (Martial and Fighting Arts) Parting the Clouds -The Science of the Martial Arts: A Fighterâ ™s Guide to the Physics of Punching and Kicking for Karate, Taekwondo, Kung Fu and the Mixed Martial Arts Martial Arts for the Mind: 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 People with Disabilities (Martial and Fighting Arts) Martial & Fighting Arts (Martial and Fighting Arts Series) MMA Training: The Ultimate Beginners Guide To Mixed Martial Arts (Including Drills & Tactics) (MMA, Martial Arts, Self Defense, BJJ) Martial Arts for Children: Winning Ways (Mastering Martial Arts) Martial Arts for Women: Winning Ways (Mastering Martial Arts) Ultimate Conditioning for Martial Arts Fight Like a Physicist: The Incredible Science Behind Martial Arts (Martial Science) Addiction in America: Society, Psychology, and Heredity (Illicit and Misused Drugs)

Contact Us

DMCA

Privacy

FAQ & Help