



Kungfu for Kids (Martial Arts for Kids)

Paul Eng, Stephanie Tok

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A fun and accessible introduction to studying kungfu—designed specifically with the interests and capabilities of young martial artists in mind.

First time martial arts students are not just starting a program of physical and mental practice. They are entering a new world—one that not only has new rules, new goals, and even new clothing—but that also offers them lots of new opportunities for fun and accomplishment.

Kungfu for Kids will help prepare kids to start learning about kungfu and help them practice at home. It includes thorough introductions to the history and philosophy of the techniques, what to expect in the first few classes, how to warm up and practice, and advice on setting goals.

With over 75 full-color illustrations, including 40 clearly diagrammed kung fu exercises, along with lots of fun facts and informative sidebars written in kid-friendly jargon-free language, this is the perfect introduction for the younger martial artist.

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