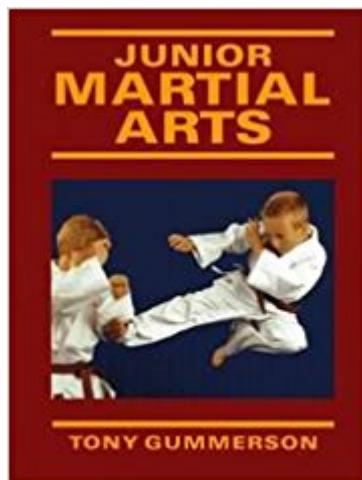


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Junior Martial Arts



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

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