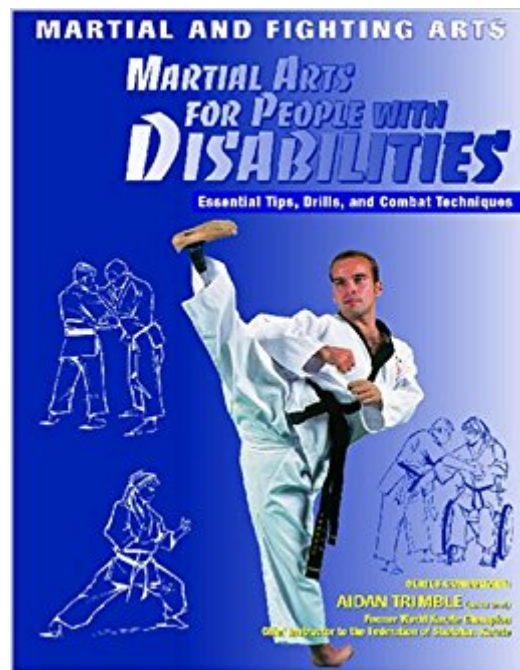




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Martial Arts For People With Disabilities (Martial And Fighting Arts)



Synopsis

Discusses how people with disabilities can participate in martial arts to strengthen the mind, body, and character, providing information on the different forms of martial arts, the challenges, and issues for selecting a program. Ages 12+.

Book Information

Series: Martial and Fighting Arts

Library Binding: 96 pages

Publisher: Mason Crest Publishers (October 1, 2002)

Language: English

ISBN-10: 1590843991

ISBN-13: 978-1590843994

Product Dimensions: 8.1 x 0.5 x 9.3 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #2,635,088 in Books (See Top 100 in Books) #13 in [Books > Teens > Sports & Outdoors > Martial Arts](#) #78 in [Books > Teens > Social Issues > Special Needs](#) #468 in [Books > Children's Books > Sports & Outdoors > Martial Arts](#)

Age Range: 12 - 17 years

Grade Level: 7 - 12

Customer Reviews

Dr. Chris McNab is the author of "Endurance Techniques (SAS Training Manual)

I have been into numerous martial and weapon arts for more than 50 years; however, since I am well into my senior years and have several physical and medical issues I thought this 96 hard cover book (Martial arts for people with disabilities: Essential tips, drills and combat techniques by Chris McNab) would have information that would be helpful for me. It does contain many practical tips and suggestions for anyone with physical disabilities. Of course this is not a book one can actually learn the techniques of the martial arts; nevertheless, reading this book along with actually training with an instructor can produce good results. This book covers the following material: An introduction to the book, disabilities and the martial arts, mind and body fitness, lower-limb disabilities and upper-body techniques, upper-body disabilities and lower-limb techniques, sensory and learning disabilities, and self-defense for people with disabilities. There is also a glossary, grading systems of

several martial arts and further reading. If you or someone you know has some type of disability and desires to learn a martial or a self-defense system this book is a good basic guide when used in combination with learning from a certified instructor. Rating: 4 Stars. Joseph J. Truncale (Author: Tactical Principles of the most effective combative systems).

This book is an excellent introduction to the martial arts for disabled persons. It is well written and a quick read. There is very little content for martial artists who might wish to teach the disabled. However, the little that is here is important because there is almost nothing else on the subject. An important resource. Another useful book on this subject is: *Martial Arts for People With Disabilities* by: Dirk Robertson.

It helped rekindle my martial arts spirit .gives me hope

Good condition

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