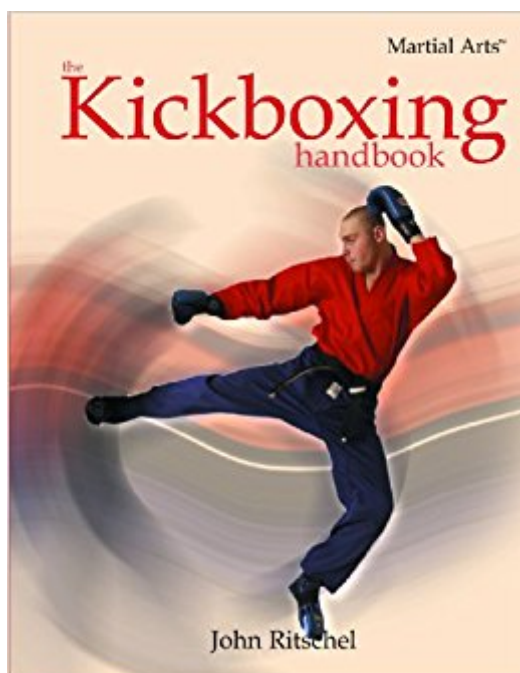


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# The Kickboxing Handbook (Martial Arts (Rosen))



## Synopsis

Learn about kickboxing from its history to stances and footwork. Includes full-color photographs illustrating step-by-step instructions, table of contents and index. Chapter Book: 14 chapters.

## Book Information

Series: Martial Arts (Rosen)

Library Binding: 256 pages

Publisher: Rosen Publishing Group (January 1, 2008)

Language: English

ISBN-10: 1404213953

ISBN-13: 978-1404213951

Product Dimensions: 8.3 x 6.6 x 0.8 inches

Shipping Weight: 1.4 pounds

Average Customer Review: Be the first to review this item

Best Sellers Rank: #3,997,963 in Books (See Top 100 in Books) #21 in [Books > Teens > Sports & Outdoors > Martial Arts](#) #618 in [Books > Children's Books > Sports & Outdoors > Martial Arts](#)

Age Range: 12 - 17 years

Grade Level: 7 - 12

## Customer Reviews

Grade 7 Up  
•This volume features step-by-step descriptions of various moves and strength-building exercises, accompanied by detailed, full-color photographs. The book describes itself as a guide to planning your kickboxing strategy and goals, showing moves from beginning techniques to black belt. After a short description of the history of kickboxing, comparing and contrasting it with other styles, Ritschel discusses what to look for in kickboxing clubs, then moves into an exercise regimen that would be useful for any student of martial arts. Though not quite as emphatic as Roy Inman's *The Judo Handbook* or Mark Pawlett and Ray Pawlett's *The Tae Kwon Do Handbook* (both Rosen, 2008) about using the book as an accompaniment to classes, this one does emphasize safety, showing the correct way to punch in order to avoid injuring one's hand and displaying clear photographs on striking areas of the foot in order to perform kicks properly. The clear images that accompany each technique are the biggest draw, though in one part of the introduction, they cover up a bit of the text. In libraries where martial arts are popular, this book is an excellent addition.  
•Alana Abbott, James Blackstone Memorial Library, Branford, CT

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