# Martial Arts fiter 4.(0) ANG H. KIM PH

Bestselling author of "Ultimate Flexibility"

# **Martial Arts After 40**

## **K Morrison**

### **Martial Arts After 40:**

Martial Arts After 40 Sang H. Kim, 2000 This is the first book on the market to cater to two growing populations martial artists and baby boomers Once a blood and guts sport for tough young men martial arts is now touted by athletes aerobics trainers actors super models and soccer mums as the number one way for adults to get fit and stay in shape This book addresses important questions like How old is too old start a marital art What type of exercises are best and which ones are dangerous for the over 40 martial artist What are the effects of ageing and how can martial arts combat them How can baby boomers keep up in a martial arts class full of gen Xers What types of injuries are most prevalent after 40 and how can they be prevented This book takes a positive and enthusiastic approach to taking up or continuing a martial art in middle age or later Readers will be inspired reassured and educated Black Belt ,2004-03 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world Muye Dobo Tongji Chongjo ((Roi de Corée ;), Tong-mu Yi, Che-ga Pak, 2000 In 1789 King Chongjo ruler of the Yi dynasty ordered General Yi Duk moo to compile an official textbook on all martial art forms then present in Korea to preserve them for future generations The result the Muye Dobo Tongji is the only surviving classical text on the Korean arts of war Based on the earliest known Korean martial arts treatise the Muye Chebo written in 1599 the Muye Dobo Tongji clearly shows the influence of the neighbouring Japanese and Chinese armies Through hundreds of wars and invasions Korean soldiers adapted battlefield skills and tactics from their enemies creating a unique system of their own Organised into 24 distinct disciplines comprised of empty hand fighting weaponry and horsemanship this book is an accurate historical snapshot of the warrior arts of the hermit kingdom in the late 18th century. The release of The Comprehensive Illustrated Manual of Martial Arts of Ancient Korea marks the first time this volume is available in English Carefully translated from the original text and illustrated with reproductions of ancient woodblock carvings this book provides fascinating insights into Korea's martial arts legacy Your Best Body at 40+ Jeff Csatari, Editors of Men's Health Magazi,2010-03-02 Discover the secrets to the fittest healthiest wealthiest years of your life The decade of your 40s is the crucial decade the greatest opportunity you ll ever have to shed pounds build new muscle and discover a leaner fitter happier you Revolutionary new science shows that you can build and maintain your best body ever and outlive outwit and outlast men half your age if you tap into the special powers of you in your prime That's why we've created Your Best Body at 40 your step by step guide to meaningful and lasting changes that will sculpt your body and prepare you for the prime of your life Looking and feeling 10 years younger is within your grasp Here's what you can expect to gain in as little as 4 weeks You will build muscle and lose up to 15 pounds of flab We ll tell you why it s easier now than ever You will strip away stress and reduce

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