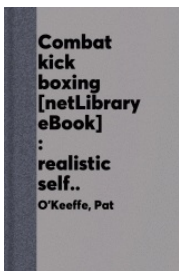


Martial Arts and Self Defense

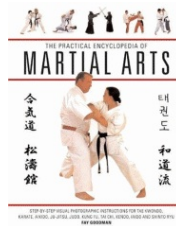
This list includes many helpful books on Martial Arts and Self Defense. some are step by step books that show important moves in martial arts. Karate, Tai Kwan Do, Kung fu, streetfighting, self defense, and kickboxing are part of the list. DVDs, Instructional CDs, Books on how to, and books on about, plus biographies of famous Martial Artists are also included.

Created by donged



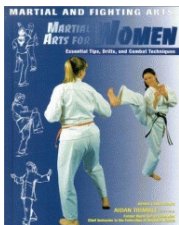
Combat kick boxing

Pat O'Keeffe.



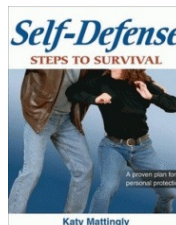
The practical encyclopedia of martial arts

Fay Goodman ; [photographer, Mike James].



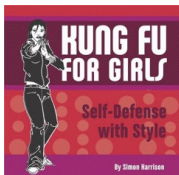
Martial arts for women

Eric Chaline ; senior consultant editor, Aidan Trimble.



Self-defense

Katy Mattingly.



Kung fu for girls

Simon Harrison.