



## Martial Arts After 40

*By Sang H. Kim*

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### **Martial Arts After 40** By Sang H. Kim

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 martial 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.

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## **Martial Arts After 40** By Sang H. Kim Bibliography

- Sales Rank: #626307 in Books
- Brand: Brand: Turtle Press
- Published on: 1999-10-01
- Original language: English
- Number of items: 1
- Dimensions: 9.02" h x .73" w x 5.98" l, 1.06 pounds
- Binding: Paperback
- 352 pages

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## **Editorial Review**

### **About the Author**

Sang H. Kim is an internationally respected author of 20 martial arts books, including the widely acclaimed Vital Point Strikes and the classics Ultimate Flexibility, Ultimate Fitness through Martial Arts, Martial Arts After 40, Combat Strategy and Teaching Martial Arts. His new book Mindful Movement: Mastering Your Hidden Energy is available at Amazon.com.

He has also created over 200 instructional video programs including Self-defense Encyclopedia, Knife-defense, Power Breathing, Junsado Training Series, and Complete Taekwondo Series. They are available through Amazon Instant Video.

He won the 1976 Korean National Championship and was named Instructor of the Year by the Korean government in 1983. As a special agent during his military service, he developed tactical combat methods for hand-to-hand and hand-to-weapon combat for covert operatives.

Sang H. Kim is the originator of MBX-12, mindful movement and deep breathing exercises, and found it clinically effective in managing stress. His research results were published in the July 2013 issue of the Journal of Clinical Endocrinology and Metabolism, and featured in CBS News, Huffington Post, Fox News, and others.

Dr. Kim has a PhD in Exercise Science, and had training as a Postdoctoral research fellow at the National Institutes of Health. He also had additional training at the National Cancer Institute and the Institute of Lifestyle Medicine of Harvard Medical School.

Dr. Kim frequently travels across North America, Europe, and Asia presenting seminars and speeches. He currently resides in the Washington, D.C. Metro area with his wife, Cynthia. He blogs at OneMindOneBreath.com.

## **Users Review**

### **From reader reviews:**

#### **Nancy Dabney:**

Why don't make it to become your habit? Right now, try to prepare your time to do the important act, like looking for your favorite guide and reading a guide. Beside you can solve your condition; you can add your knowledge by the guide entitled Martial Arts After 40. Try to make book Martial Arts After 40 as your good friend. It means that it can for being your friend when you truly feel alone and beside that course make you smarter than ever. Yeah, it is very fortunated for you. The book makes you considerably more confidence because you can know everything by the book. So , we should make new experience and also knowledge with this book.

**Rodney Alvarez:**

People live in this new day time of lifestyle always attempt to and must have the free time or they will get lots of stress from both everyday life and work. So , once we ask do people have free time, we will say absolutely indeed. People is human not only a robot. Then we consult again, what kind of activity are there when the spare time coming to you of course your answer may unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative within spending your spare time, the book you have read is definitely Martial Arts After 40.

**Carroll Torres:**

Playing with family within a park, coming to see the ocean world or hanging out with good friends is thing that usually you might have done when you have spare time, in that case why you don't try point that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Martial Arts After 40, you are able to enjoy both. It is very good combination right, you still want to miss it? What kind of hang-out type is it? Oh occur its mind hangout guys. What? Still don't get it, oh come on its called reading friends.

**Marie Nitta:**

This Martial Arts After 40 is brand new way for you who has curiosity to look for some information since it relief your hunger associated with. Getting deeper you in it getting knowledge more you know or you who still having tiny amount of digest in reading this Martial Arts After 40 can be the light food for you personally because the information inside this book is easy to get by anyone. These books produce itself in the form which is reachable by anyone, yep I mean in the e-book type. People who think that in reserve form make them feel sleepy even dizzy this e-book is the answer. So there isn't any in reading a reserve especially this one. You can find actually looking for. It should be here for a person. So , don't miss this! Just read this e-book style for your better life and also knowledge.

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