



Kung Fu (Martial and Fighting Arts)

Nathan Johnson

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There is more to kung fu than Bruce Lee (though that's a pretty good place to start!). Lee and other martial arts movie masters have made kung fu well-known throughout the world. The lightning-fast moves, furious action, and high intensity make it not only exciting to watch, but a great workout. Inside, find out the key moves a kung fu master needs to know, plus learn about the fascinating history of kung fu. How do animals relate to this martial art? Find out inside. Mastering any martial art can take long years of practice, but this book and this series will give you an important first step on a rewarding journey.

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