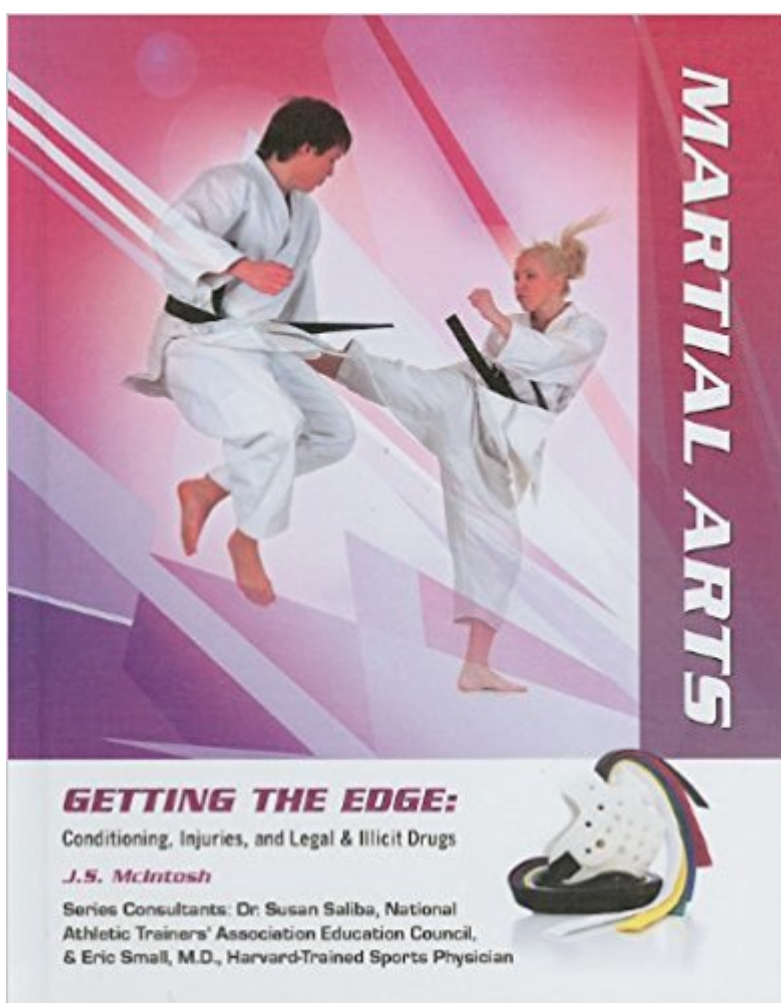


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# Martial Arts (Getting The Edge: Conditioning, Injuries, And Legal & Illicit Drugs (Library))



## Synopsis

Readers learn about martial arts, their history, prevention and treatment of common injuries, training, nutrition and supplements, as well as information about the dangers of performance-enhancing drugs.

## Book Information

Lexile Measure: 1140L (What's this?)

Series: Getting the Edge: Conditioning, Injuries, and Legal & Illicit Drugs (Library)

Library Binding: 96 pages

Publisher: Mason Crest Publishers (September 1, 2010)

Language: English

ISBN-10: 1422217388

ISBN-13: 978-1422217382

Product Dimensions: 7.5 x 0.4 x 9.4 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #15,388,427 in Books (See Top 100 in Books) #64 in Books > Teens > Sports & Outdoors > Martial Arts #12547 in Books > Sports & Outdoors > Individual Sports > Martial Arts #75659 in Books > Health, Fitness & Dieting > Exercise & Fitness

Age Range: 12 - 15 years

Grade Level: 7 - 10

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Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for People with Disabilities (Martial and Fighting Arts) Martial & Fighting Arts (Martial and Fighting Arts Series) MMA Training: The Ultimate Beginners Guide To Mixed Martial Arts (Including Drills & Tactics) (MMA, Martial Arts, Self Defense, BJJ) Martial Arts for Children: Winning Ways (Mastering Martial Arts) Martial Arts for Women: Winning Ways (Mastering Martial Arts) Ultimate Conditioning for Martial Arts Fight Like a Physicist: The Incredible Science Behind Martial Arts (Martial Science) Addiction in America: Society, Psychology, and Heredity (Illicit and Misused Drugs)

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