



Martial Arts After 40

By Sang H. Kim

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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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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

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Deanna Christianson:

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Michael Earl:

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