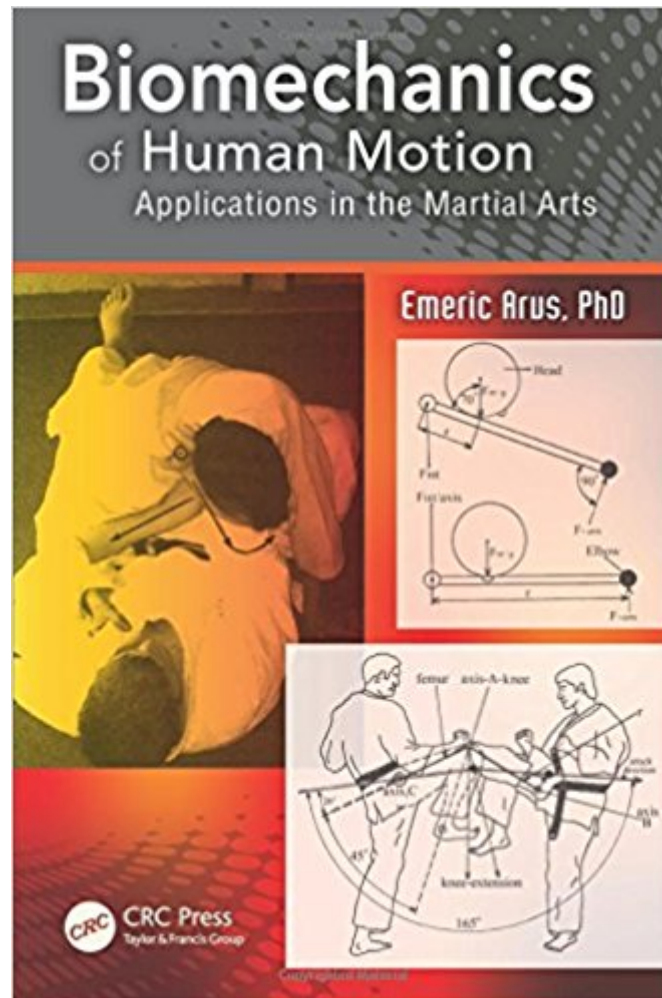




The book was found

Biomechanics Of Human Motion: Applications In The Martial Arts



Synopsis

Biomechanics of Human Motion: Applications in the Martial Arts delineates the general laws governing the human biomechanics through an extensive review of martial arts techniques and references to fundamental theory. Using straightforward mathematics and physics, the book covers in depth the anatomical foundation of biomechanics, the biomechanical and physiological foundation of human motion, and the fundamentals of biomechanics. Divided into four parts, the book covers: The musculoskeletal anatomy of the major muscles, their functions, and the different roles of the muscles in human mechanics The biomechanical and physiological foundations of human motion, including the very basic conceptions about lever systems, center of gravity, kinematic chain systems, and Newton's laws Kinematics and kinetics via complex examples from martial arts and their comparison to different sports techniques The biomechanical principles and analysis of the martial arts, including anatomical and physiological considerations, and the analysis of the physical properties of a range of techniques Focusing on martial arts and sports activities, this book is designed to be used by undergraduate and graduate students of human movement science, physical education, and fitness, as well as college instructors and martial artists.

Book Information

Paperback: 559 pages

Publisher: CRC Press; 1 edition (December 15, 2012)

Language: English

ISBN-10: 1466563230

ISBN-13: 978-1466563230

Product Dimensions: 6.1 x 1.3 x 9.2 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #615,047 in Books (See Top 100 in Books) #102 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Biotechnology](#) #213 in [Books > Engineering & Transportation > Engineering > Bioengineering > Biomedical Engineering](#) #270 in [Books > Engineering & Transportation > Engineering > Industrial, Manufacturing & Operational Systems > Health & Safety](#)

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Great job

Other books on this subject pale in comparison. Arus' writing is very technical & thorough.

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