

MARTIAL ARTS & SORTM

EDDIE FERRIE, ROY INMAN

📖 **THE BEGINNER'S GUIDE TO MARTIAL ARTS** RAY PAWLETT, 2002-01-01

📖 **MARTIAL ARTS AMERICA** BOB ORLANDO, 1997 THIS BROAD SURVEY OF MARTIAL ARTS TRADITIONS AND THEIR EVOLUTION TO MODERN WESTERN PRACTICE CHALLENGING THE PURPOSE AND EFFECTIVENESS OF MANY MARTIAL ARTS ACTIVITIES AND TRAINING METHODS USED IN THE U.S. TODAY. BY FOCUSING ON THE MOST EFFECTIVE AND RELEVANT WAY FOR AMERICANS TO PURSUE THE VARIOUS MARTIAL ARTS, ORLANDO'S USEFUL INSIGHTS PENETRATE A SUBJECT TOO OFTEN SHROUDED IN MYSTICISM AND MARKETING HYPE. 30 PHOTOS. 79 ILLUSTRATIONS.

📖 **MARTIAL ARTS IN ASIA** FAN HONG, GWANG OK, 2019-12-18 THE REAWAKENING OF ASIAN MARTIAL ARTS IS A DISTINCT EXAMPLE OF CULTURAL HYBRIDITY IN A GLOBAL SETTING. THIS BOOK DEALS WITH HISTORY OF ASIAN MARTIAL ARTS IN THE CONTEXTS OF TRADITION, RELIGION, PHILOSOPHY, POLITICS AND CULTURE. IT ATTEMPTS TO DEEPEN THE STUDY OF MARTIAL ARTS STUDIES IN THEIR TRANSFORMATION FROM TRADITIONAL TO MODERN SPORTS. IT IS ALSO IMPORTANT THAT THIS BOOK EXPLORES HOW ASIAN MARTIAL ARTS, INCLUDING SHAOLIN MARTIAL ARTS AND TAEKWONDO, HAVE WORKED AS TOOLS FOR NATIONAL ADVOCATE OF IDENTITIES AMONG ASIANS IN ORDER TO OVERCOME VARIOUS NATIONAL HARDSHIPS AND TO PROMOTE NATIONALISM IN THE MODERN ERAS. THE ASIAN MARTIAL ARTS CERTAINLY HAVE BEEN TRANSFORMED IN BOTH NATURE AND CONTENT INTO UNIQUE MODERN SPORTS AND THEY HAVE CONTRIBUTED TO ESTABLISHING CULTURAL HOMOGENEITY IN ASIA. THIS PHENOMENON CAN BE APPLIED TO THE GLOBAL COMMUNITY. THE CHAPTERS IN THIS BOOK WERE ORIGINALLY PUBLISHED AS A SPECIAL ISSUE IN THE INTERNATIONAL JOURNAL OF THE HISTORY OF SPORT.

📖 **MAJUENBO -- THE ORIGINAL MIXED MARTIAL ART** JOHN EVAN BISHOP, 2006-10

📖 **MARTIAL ARTS: LESSONS LEARNED ALONG THE WAY** TOM WHEELER, 2009-09-23 THIS IS A COLLECTION OF ESSAYS BASED ON MY 40 YEARS EXPERIENCE IN THE MARTIAL ARTS. THEY ARE INTENDED TO CAUSE THE READER TO THINK AND SPARK CONVERSATION AND DEBATE RATHER THAN GIVE ABSOLUTE ANSWERS. TO TEACH IS TO CHALLENGE AND THIS COLLECTION WILL HOPEFULLY DO JUST THAT. THESE ESAYS ARE ALSO INTENDED TO HELP MARTIAL ARTISTS FROM ALL STYLES AND SCHOOLS TO BETTER UNDERSTAND ONE ANOTHER.

📖 **MARTIAL ARTS AND THEIR GREATEST FIGHTERS** MARTY GITLIN, 2014-12-15 MARTIAL ARTS ARE EXTREMELY POPULAR TODAY, AND TEENS WILL BE CAPTIVATED BY THE HISTORY OF THE FIGHTING SPORTS. THIS VOLUME TAKES A LOOK AT KUNG FU AND TAI CHI CHUAN IN CHINA; THE PRACTICES OF THE JAPANESE SAMURAI WARRIORS AS WELL AS JUJITSU, JUDO, SUMO, AND KARATE; AND THE GLOBAL RISE OF MARTIAL ARTS FROM MUAY THAI IN THAILAND AND CAPOEIRA IN BRAZIL TO THE MIXED MARTIAL ARTS THAT ARE NOW SO WIDESPREAD IN THE UNITED STATES. LEGENDARY AND CONTEMPORARY FIGHTERS ARE PROFILED, INCLUDING YUE FEI, JET LI, BRUCE LEE, RANDY COUTURE, B. J. PENN, RONDA ROUSEY, AND ANDERSON SILVA.

📖 **MARTIAL ARTS** CLAUDIO A. IEDWAB, ROXANNE L. STANDEFER, 2000 MARTIAL ARTS MIND & BODY COMBINES THE BEST MENTAL AND PHYSICAL TRAINING PRINCIPLES OF VARIOUS MARTIAL ART FORMS TO ENHANCE PERFORMANCE. CENTERED ON THE JAPANESE CONCEPT OF KIAI, THE BOOK EXPLAINS HOW TO UNITE YOUR MENTAL, PHYSICAL, AND SPIRITUAL ENERGIES. AS A RESULT, YOU WILL BE ABLE TO: SHARPEN CONCENTRATION AND AWARENESS, IMPROVE YOUR ABILITY TO LEARN NEW SKILLS, PERFORM BETTER IN TRAINING AND COMPETITION, AND REMAIN FOCUSED UNDER STRESS. AS YOU LEARN HOW TO INTEGRATE THE ENERGY OF THE MIND AND BODY, YOU WILL INCREASE YOUR RESISTANCE TO FATIGUE, DISCOMFORT, AND DISTRACTION. YOU'LL ALSO LEARN TECHNIQUES TO CONTROL THE BODY'S RESPONSES TO RESPIRATION, METABOLISM, AND MUSCLE RELAXATION.-- JACKET.

📖 **CURPS MARTIAL ARTS** C. J. CARELLA, 1996-02 -- A SLEEPER WORLDBOOK THAT HAS JUST CONTINUED TO SELL AND SELL. -- MARTIAL ARTS ARE APPLICABLE TO EVERY SORT OF CAMPAIGN...FANTASY, SF, OR MODERN! -- DETAILED DISCUSSIONS OF OVER 50 DIFFERENT FIGHTING STYLES.

📖 **SMALL-CIRCLE JUJITSU** WALLY JAY, 1989 THE COMPLETE PRESENTATION OF THE SYSTEM DEVELOPED BY WALLY JAY, THIS BOOK BRINGS TOGETHER ELEMENTS FROM DIFFERENT ARTS, JAY'S BROAD-BASED YET FOCUSED AND EFFECTIVE SYSTEM INCORPORATES THEORIES, PRINCIPLES, AND TECHNIQUES ESSENTIAL TO THE DEVELOPMENT OF EVERY MARTIAL ARTIST, WHETHER A NOVICE OR A SEASONED VETERAN. IN THIS DEFINITIVE INSTRUCTIONAL TEXT, JAY COVERS THE HISTORY OF SMALL-CIRCLE JUJITSU; TECHNIQUES FOR WARM-UPS, FALLING AND RESUSCITATION; DETAILS ON WEAKNESSES OF THE HUMAN BODY; LOCKING TECHNIQUES FOR WRISTS, FINGERS, ARMS, AND LEGS; THROWING AND CHOKING TECHNIQUES; AND SELF-DEFENSE AGAINST STRIKES, CHOKES, BODY GRABS, AND WRIST GRABS.

📖 **THE WAY OF THE WARRIOR** CHRIS CRUDELLI, 2008-09-29 DRAWING ON THE VAST BODY OF STYLES PRACTICED AROUND THE WORLD, INCLUDING ANCIENT AND OBSCURE STYLES FROM EVERY CONTINENT ON THE PLANET, THE WAY OF THE WARRIOR IS AN INDISPENSABLE, ONE-STOP REFERENCE WORK FOR ANYONE INTERESTED IN THE MARTIAL-ARTS CANON.

📖 **A BRIEF HISTORY OF THE MARTIAL ARTS** JONATHAN CLEMENTS, 2016-10-13 FOLK TALES OF THE SHAOLIN TEMPLE DEPICT WARRIOR MONKS WITH SUPERHUMAN ABILITIES. TODAY, DOZENS OF EAST ASIAN FIGHTING STYLES TRACE THEIR ROOTS BACK TO THE BUDDHIST BRAWLERS OF SHAOLIN, ALTHOUGH ANY QUEST FOR THE TRUE STORY SOON WANDERS INTO A LABYRINTH OF FORGERIES, SECRET TEXTS AND MODERN RETELLINGS. THIS NEW STUDY APPROACHES THE MARTIAL ARTS FROM THEIR ORIGINS IN MILITARY EXERCISES AND CALLISTHENICS. IT EXAMINES A RICH FOLKLORE FROM OLD WUXIA TALES OF CRIME-FIGHTING HEROES TO MODERN KUNG FU MOVIES. CENTRE STAGE IS GIVEN TO THE STORIES THAT MARTIAL ARTISTS TELL THEMSELVES ABOUT THEMSELVES, WITH ACCOUNTS (BOTH FACTUAL AND FICTIONAL) OF FAMOUS PRACTITIONERS INCLUDING CHINA'S YIM WING-CHUN, WONG FEI-HONG, AND IP MAN, AS WELL AS JAPANESE COUNTERPARTS SUCH AS KANO JIGORO, ITOSU ANKO AND SO DOSHIN. THE HISTORY OF MARTIAL ARTS ENCOMPASSES SECRET SOCIETIES AND RELIGIOUS REBELS, WITH

INTIMATE GLIMPSES OF THE HISTORIES OF CHINA, KOREA AND JAPAN, THEIR CONFLICTS AND TRANSFORMATIONS. THE BOOK ALSO CHARTS THE MIGRATION OF MARTIAL ARTS TO THE UNITED STATES AND BEYOND. SPECIAL ATTENTION IS PAID TO THE TURMOIL OF THE TWENTIETH CENTURY, THE CROSS-CULTURAL INFLUENCE OF JAPANESE COLONIES IN ASIA, AND THE POST-WAR RISE OF MARTIAL ARTS IN SPORT AND ENTERTAINMENT - INCLUDING THE LEGACY OF BRUCE LEE, THE DILEMMA OF THE NINJA AND THE GLOBAL AUDIENCE FOR MARTIAL ARTS IN FICTION.

📖 **MARTIAL ARTS AROUND THE GLOBE** JIM OLLHOFF, 2008-01-01 EXPLORES MARTIAL ARTS AROUND THE GLOBE, WEAVING TOGETHER HISTORY, CULTURE, GEOGRAPHY AND POLITICS.

📖 **POWER OF SHAOLIN KUNG FU** RONALD WHEELER, 2014-09-30 THE POWER OF SHAOLIN KUNG FU OFFERS READERS A COMPREHENSIVE COURSE IN THE FUNDAMENTAL MOVEMENTS THAT HAVE BEEN PRACTICED AND PERFECTED BY WARRIOR MONKS FOR CENTURIES. IT INCLUDES INSTRUCTION IN THE POWERFUL STRIKING TECHNIQUES THAT SO OFTEN LEAD TO DECISIVE VICTORY IN TODAY'S MIXED MARTIAL ARTS BOUTS. THE BOOK INCLUDES 300 COLOR PHOTOGRAPHS ALONG WITH DETAILED TEXTUAL INSTRUCTIONS AND TRAINING TIPS. SHAOLIN KUNG FU IS AN INDISPENSIBLE PART OF EVERY MARTIAL ARTIST'S REPERTOIRE—A VITAL MEANS TO IMPROVE YOUR MOVEMENT, MOTION, AND BALANCE SKILLS AND THE BEST WAY FOR A MIXED MARTIAL ARTS FIGHTER TO IMPROVE AND PERFECT STRIKING SKILLS. THIS INFORMATIVE KUNG FU BOOK ALSO SHARES THE MORAL AND ETHICAL PHILOSOPHIES THAT UNDERLIE THE JOW GA SYSTEM. SHAOLIN JOW GA KUNG FU IS A COMBINATION OF SOUTHERN AND NORTHERN SHAOLIN TECHNIQUES—MAKING IT BY FAR THE MOST EFFECTIVE IN TERMS OF COMBINING BLINDING SPEED WITH DEVASTATINGLY POWERFUL STRIKES.

📖 **STRIKING DISTANCE** CHARLES RUSSO, 2019-11-01 IN THE SPRING OF 1959, EIGHTEEN-YEAR-OLD BRUCE LEE RETURNED TO SAN FRANCISCO, THE CITY OF HIS BIRTH. ALTHOUGH THE MARTIAL ARTS WERE WIDELY UNKNOWN IN AMERICA, BRUCE ENCOUNTERED A ROBUST FIGHT CULTURE IN THE BAY AREA, POPULATED WITH TALENTED AND TRAILBLAZING PRACTITIONERS SUCH AS LAU BUN, CHINATOWN'S AGING KUNG FU PATRIARCH; WALLY JAY, THE INNOVATIVE HAWAIIAN JUJITSU MASTER; AND JAMES LEE, THE OAKLAND STREET FIGHTER. REGARDED BY SOME AS A BRASH LOUDMOUTH AND BY OTHERS AS A DYNAMIC VISIONARY, BRUCE SPENT HIS FIRST FEW YEARS BACK IN AMERICA ADVOCATING FOR A MODERN APPROACH TO THE MARTIAL ARTS, AND SHOWING LITTLE REGARD FOR THE DAMAGED EGOS LEFT IN HIS WAKE. THE YEAR OF 1964 WOULD BE AN EVENTFUL ONE FOR BRUCE, IN WHICH HE WOULD BROADCAST HIS DISSENTING WORLDVIEW BEFORE THE FIRST GREAT INTERNATIONAL MARTIAL ARTS GATHERING, AND THEN DEFEND IT BY FACING DOWN WONG JACK MAN—CHINATOWN'S YOUNG KUNG FU ACE—IN A LEGENDARY BEHIND-CLOSED-DOORS SHOWDOWN. THESE EVENTS WERE A CATALYST TO THE DAWN OF MARTIAL ARTS IN AMERICA AND A PRELUDE TO AN ICON. BASED ON OVER ONE HUNDRED ORIGINAL INTERVIEWS, STRIKING DISTANCE CHRONICLES BRUCE LEE'S FORMATIVE DAYS AMID THE HEATED MARTIAL ARTS PROVING GROUND THAT THRIVED ON SAN FRANCISCO BAY IN THE EARLY 1960S.

📖 **MIND OVER MATTER** SHI MING, SIAO WEIJIA, 1994-04-19 THIS UNIQUE BOOK BY MASTER SHI MING AND SIAO WEIJIA EXPLORES THE CHINESE SCIENCE OF MIND/BODY AND THE REFINEMENT OF CONSCIOUSNESS IN THE HIGHER MARTIAL ARTS.

📖 **BUDDHA CRANE KARATE** ALTON H CASE, 2013-12 ABOUT BUDDHA CRANE KARATE: MATRIXING IS A METHOD OF LOGIC. WHILE IT CAN BE USED IN ANY ENDEAVOR, IT IS SPECIFIC TO THE MARTIAL ARTS. THIS BOOK, 'BUDDHA CRANE KARATE,' DEMONSTRATES HOW MATRIXING WAS CREATED, AND HOW IT IS USED TO DELINEATE AND ALIGN MARTIAL ARTS. MIND YOU, IT IS ONLY THE FORERUNNER OF THE MATRIXING COURSES OFFERED ON MY WEBSITE, BUT IT IS PIVOTAL TO THE DEVELOPMENT OF MATRIXING, AND THUS EXTREMELY IMPORTANT. IN THIS BOOK YOU'LL SEE... THE CIRCLE OF BLOCKS THAT EVENTUALLY DEVELOPED INTO THE MATRIX OF BLOCKS. HOW I DEVELOPED THE BUDDHA PALM AS A SPLIT TIMING SORT OF THING, WHICH EVOLVED KARATE FROM A BLOCK AND COUNTER METHOD. THE EXACT THING THAT MUSHES DATA TOGETHER AND DESTROYS THE ALPHABET OF THE MARTIAL ARTS. YOU'LL SEE MY FIRST ARGUMENTS AS TO HOW AND WHY THE MARTIAL ARTS BECOME CORRUPTED. YOU'LL SEE MY FIRST THOUGHTS SOLVING INTERNAL ENERGY WHICH WILL DEVELOP INTO THE BOOK ON 'THE PUNCH.' YOU'LL SEE MENTION OF VARIOUS ARTS AND HOW THEY CONTRIBUTE TO MATRIXING. YOU'LL SEE MY FIRST CONCLUSIONS REGARDING MATRIXING ALL THE DIRECTIONS OF THE UNIVERSE. YOU'LL SEE THE DATA CONCERNING HOW I DEVELOPED THOUSANDS OF TECHNIQUES FROM THE LOGICAL ARRANGEMENT OF JUST A FEW TECHNIQUES. YOU'LL SEE A LOT OF THINGS THAT DEVELOPED DIRECTLY INTO MATRIXING, OR SHOWED HOW I DID IT. FURTHER, YOU'LL SEE HOW I CREATED AND ARRANGED CONCEPTS AND MOTIONS TO MAKE AN ENTIRE ART. GROUND UP, RIGHT FROM THE START, AND IN A WAY SO YOU'LL UNDERSTAND THAT I WAS NOT THROWING AWAY THE CLASSICAL, BUT TRYING TO RIGHT IT. NOW, HERE'S THE THING. I NEVER OFFERED THIS BOOK FOR SALE. I BUNDLED IT IN WITH THE CREATE YOUR OWN ART COURSE, AND THAT BECAUSE OF THE WAY I WAS USING MATRIXING TO CREATE A NEW ART OUT OF THE OLD. SO, UNLESS YOU ORDERED CREATE YOUR OWN ART, YOU LIKELY HAVEN'T SEEN THIS BOOK. ABOUT THE AUTHOR: AL CASE BEGAN MARTIAL ARTS IN 1967. HE HAS STUDIED KENPO, KARATE, NORTHERN SHAOLIN, SOUTHERN SHAOLIN, AIKIDO, WING CHUN, TAI CHI CHUAN, PA KUA CHANG, AND MUCH MORE. HE BECAME A WRITER FOR THE MARTIAL ARTS MAGAZINES IN 1981, AND HAD HIS OWN COLUMN (CASE HISTORIES) IN INSIDE KARATE. CURRENTLY, HE RESIDES ON A MOUNTAIN TOP IN SOUTHERN CALIFORNIA WHERE HE IS BUILDING A MARTIAL ARTS TEMPLE.

📖 **KUNG FU** EDDIE FERRIE, ROY INMAN, 1994 ALTHOUGH IT WAS POPULARISED BY BRUCE LEE IN THE 1970S, KUNG FU HAS HAD AN EXTENSIVE HISTORY. THIS BOOK CHARTS ITS DEVELOPMENT OVER THE CENTURIES, FROM TRADITIONAL ART, TO THE MODERN COMPETITIVE SPORT WE KNOW TODAY. IT THEN DEALS WITH ITS TECHNIQUES IN STEP BY STEP DETAIL, WITH EXTENSIVE ACTION PHOTOGRAPHS ILLUSTRATING EACH METHOD. THIS BOOK SHOULD APPEAL TO THOSE INTERESTED IN BOTH THE TECHNIQUES AND PHILOSOPHY BEHIND THIS FAMOUS MARTIAL ART.

CHINESE MARTIAL ARTS: CHANGING VIEWS AND PRACTICES MICHAEL DeMARCO, SINCE ANCIENT TIMES, SOME OBSERVANT PEOPLE HAVE MADE THE REVERED BOOK OF CHANGE (YIJING) THEIR LIFELONG STUDY. CHANGE IS THE FUNDAMENTAL PRINCIPLE FOUND IN EVERY ASPECT OF OUR LIVES. CHANGE IS THE WAY OF THE UNIVERSE. CONFUCIAN AND DAOIST TEXTS ARE FILLED WITH ANECDOTAL AND PHILOSOPHIC DISCOURSE RELATED TO THIS THEME. THERE IS LITTLE WONDER WHY WE FIND THE CONCEPT OF CHANGE IN THE DIVERSE CHINESE MARTIAL TRADITIONS. THIS ANTHOLOGY PRESENTS ARTICLES FROM THE JOURNAL OF ASIAN MARTIAL ARTS THAT ARE RELATED TO THE THEME OF CHANGE. THIS DOES NOT MEAN THAT THE AUTHORS ARE WRITING SOLELY ABOUT PHILOSOPHIC IDEAS SUCH AS YIN-YANG, TAIJI, FIVE PHASES (WUXING), OR THE EIGHT HEXAGRAMS (BAGUA). FROM THE CONTENT OF THESE ARTICLES YOU WILL SEE HOW THE VIEWS, NEEDS, PURPOSES AND UNDERSTANDINGS OF CHINESE MARTIAL ARTS HAVE CHANGED OVER THE CENTURIES. BY EXPOUNDING ON THESE THEMES, EACH AUTHOR DEMONSTRATES HOW THE ACTUAL PRACTICE OF MARTIAL ARTS HAS CHANGED IN TANDEM WITH THESE FLUCTUATING VIEWS. SUPPORTED BY IN DEPTH RESEARCH, INTERVIEWS, AND FIELD EXPERIENCE, THE NINE ARTICLES INCLUDED HERE OFFER US A VIEW OF CHINESE MARTIAL ARTS FROM MANY ANGLES. OF COURSE EFFECTIVENESS IS ONE OF THE CRITERIA FOR SKILLS THAT ARE VALUED AS BEING TRULY MARTIAL. TO IMPROVE THE EFFECTIVENESS, SOME LEADING PRACTITIONERS GAINED INSIGHTS FROM NATURE, PARTICULARLY FROM THE ANIMAL KINGDOM. ALSO, IN BOTH ANCIENT AND MODERN TIMES, CHINESE PRACTITIONERS BORROWED FROM OTHER STYLES. THE CONCEPT OF "MIXED MARTIAL ARTS" IS NOTHING NEW. THERE HAVE BEEN SPINOFFS TO THE WARRIOR ARTS. EVEN CENTURIES AGO THE MARTIAL ARTS WERE UTILIZED IN ENTERTAINING "FLOWERY" PERFORMANCES, AS IN PEKING OPERA. THE VARIETY OF MARTIAL MOVEMENTS WERE CERTAINLY CONDUCIVE FOR GOOD HEALTH SO THERE IS A LONG TRADITION OF INCORPORATING THESE IN EXERCISES PRACTICES SOLELY FOR HEALTH AND LONGEVITY. IN THE EARLY TWENTIETH CENTURY, MARTIAL ARTS BECAME A POLITICAL TOOL FOR BOOSTING THE SPIRIT OF COUNTRY, VITALIZING THE "SICK MAN OF ASIA." PERHAPS THE MOST NOTABLE CHANGE IN CHINESE MARTIAL ARTS CAN BE SEEN IN THE MODERN SPORTIFICATION OF IT. MOTIVATED BY RANK, TROPHIES, AND MONEY, THE COMBATIVE ELEMENTS HAVE BEEN FORSAKEN IN FAVOR OF COMPETITION AND SHOW. ORIGINALLY PRACTICAL, TECHNIQUES HAVE BEEN TRANSFORMED INTO PURE ACROBATICS. THIS SPECIAL ANTHOLOGY PROVIDES AN ENCOMPASSING OVERVIEW OF THE DEVELOPMENT AND VARIETY OF CHINESE MARTIAL ARTS. YOU WILL COME TO APPRECIATE THE ANCIENT ROOTS AND THE FORCES THAT HAVE INFLUENCED HOW AND WHY THESE ARTS ARE PRACTICED TODAY.

THE SUN WILL RISE AGAIN JIMMY RODELAS REFORMA, JOHN DAVID DAVIES, 2022-08-04 THIS BOOK TEACHES 2 OF SOME OF THE WORLD'S MOST EFFECTIVE & DEADLIEST FIGHTING SYSTEMS IN THE WORLD. IT PROMOTES AND UNITES THE FMA'S (FILIPINO MARTIAL ARTS) OF THE WORLD. BOTH FIGHTING SYSTEMS, MK' MAHARLIKA KUNTAW & RAS REFORMA ESKRIMA, ARE TAUGHT AT A MASTERY LEVEL, AND KNOWLEDGE COMES FROM BOTH OWNERS GRAND MASTERS OF THESE FIGHTING SYSTEMS. COVERING SUBJECTS SUCH AS; FIGHTING BLIND, MULTIPLE ATTACKERS, IN HOUSE GUIDES & GAMES TRAINING SECTION, TO MUCH MUCH MORE. THIS IS ALSO A SMART BOOK AND CONTAINS QR CODES FOR EASY REFERENCE TO VIDEOS. IT ALSO CONTAINS MY PERSONAL JOURNEY IN MARTIAL ARTS AND IS RECOVERY FRIENDLY.

THE MARTIAL ARTS BOOK LAURA SCANDIFFIO, NICOLAS DEBON, 2003 THE HISTORY AND PHILOSOPHY OF THE VARIOUS MARTIAL ARTS AND HOW THEY HAVE EVOLVED TO TODAY'S PRACTICE.

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