A BRIEF HISTORY OF THE MARTIAL ARTS : EAST ASIAN FIGHTING STYLES, FROM KUNG FU TO NINJUTSU PDF, EPUB, EBOOK



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Jonathan Clements | 304 pages | 21 Nov 2017 | Little, Brown Book Group | 9781472136466 | English | London, United Kingdom

Brief History of the Martial Arts - Ebok - Jonathan Clements () | Bokus

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. Darwin's Notebook Jonathan Clements.

Singlestick , an English martial art can be seen often utilized in morris dancing. The mid to late 19th century marks the beginning of the history of martial arts as modern sports developed out of earlier traditional fighting systems. In Europe, this concerns the developments of boxing and fencing as sports. In Japan, the same period marks the formation of the modern forms of judo , jujutsu , karate , and kendo among others based on revivals of old schools of Edo period martial arts which had been suppressed during the Meiji Restoration [citation needed] Modern muay Thai rules date to the s.

In China, the modern history of martial arts begins in the Nanjing decade s following the foundation of the Central Guoshu Institute in under the Kuomintang government. Western interest in Asian martial arts arises towards the end of the 19th century, due to the increase in trade between the United States with China and Japan. Edward William Barton-Wright , a railway engineer who had studied jujutsu while working in Japan between and , was the first man known to have taught Asian martial arts in Europe.

He also founded an eclectic style named Bartitsu which combined jujutsu, judo, wrestling, boxing, savate and stick fighting. Fencing and Greco-Roman wrestling was included in the Summer Olympics. The tradition of awarding championship belts in wrestling and boxing can be traced to the Lonsdale Belt , introduced in The International Boxing Association was established in World Fencing Championships have been held since Jujutsu, judo and karate first became popular among the mainstream from the s—s. Due in part to Asian and Hollywood martial arts movies , most modern American martial arts are either Asian-derived or Asian influenced. American kickboxing was developed in the s, as a combination of boxing and karate.

Taekwondo was developed in the context of the Korean War in the s. The later s and s witnessed an increased media interest in Chinese martial arts , influenced by martial artist Bruce Lee. Bruce Lee is credited as one of the first instructors to openly teach Chinese martial arts to Westerners. Karate World Championships were introduced in The " kung fu wave " of Hong Kong action cinema in the s, especially Bruce Lee films , popularized martial arts in global popular culture. A number of mainstream films produced during the s also contributed significantly to the perception of martial arts in Western popular culture. These include The Karate Kid and Bloodsport Also during the 20th century, a number of martial arts were adapted for self-defense purposes for military hand-to-hand combat. In , the first Pancrase event was held in Japan. Jackie Chan and Jet Li are prominent martial artists who have become major movie figures.

Their popularity and media presence has been at the forefront for promoting Chinese martial arts since the late 20th and early 21st centuries. With the continual discovery of more medieval and Renaissance fighting manuals, the practice of Historical European Martial Arts and other Western Martial Arts have been growing [citation needed] in popularity across the United States and Europe.

Many styles of Indian martial arts were banned during the British rule of India. Other martial arts from India, such as Silambam , while not widely practiced in India, continue to be practiced in other countries in the Indian cultural sphere such as Indonesia and Malaysia. Many other Indian martial arts such as Mardhani Khel and Paika Akhada survived by practitioners practicing the art in secret, or by telling the British government that it was a form of dance. While many regional Indian martial arts forms are fading into obscurity, martial arts such as Gatka and Kalaripayattu are experiencing a gradual resurgence. Testing or evaluation is important to martial artists of many disciplines who wish to determine their progression or own level of skill in specific contexts. Students often undergo periodic testing and grading by their own teacher in order to advance to a higher level of recognized achievement, such as a different belt color or title. The type of testing used varies from system to system but may include forms or sparring.

Various forms and sparring are commonly used in martial art exhibitions and tournaments. Some competitions pit practitioners of different disciplines against each other using a common set of rules, these are referred to as mixed martial arts competitions. Rules for sparring vary between art and organization but can generally be divided into light-contact , medium-contact , and full-contact variants, reflecting the amount of force that should be used on an opponent. These types of sparring restrict the amount of force that may be used to hit an opponent, in the case of light sparring this is usually to 'touch' contact, e.

In medium-contact sometimes referred to as semi-contact the punch would not be 'pulled' but not hit with full force. As the amount of force used is restricted, the aim of these types of sparring is not to knock out an opponent; a point system is used in competitions. A referee acts to monitor for fouls and to control the match, while judges mark down scores, as in boxing. Particular targets may be prohibited, certain techniques may be forbidden such as headbutting or groin hits , and fighters may be required to wear protective equipment on their head, hands, chest, groin, shins or feet. Some grappling arts, such as aikido, use a similar method of compliant training that is equivalent to light or medium contact. In some styles such as fencing and some styles of taekwondo sparring , competitors score points based on the landing of a single technique or strike as judged by the referee, whereupon the referee will briefly stop the match, award a point, then restart the match.

Alternatively, sparring may continue with the point noted by the judges. Some critics of point sparring feel that this method of training teaches habits that result in lower combat effectiveness. Lighter-contact sparring may be used exclusively, for children or in other situations when heavy contact would be inappropriate such as beginners , medium-contact sparring is often used as training for full contact. Full-contact sparring or competition, where strikes or techniques are not pulled but used with full force as the name implies, has a number of tactical differences from light and medium-

contact sparring. It is considered by some to be requisite in learning realistic unarmed combat.

In full-contact sparring, the aim of a competitive match is to knock out the opponent or to force the opponent to submit. Where scoring takes place it may be a subsidiary measure, only used if no clear winner has been established by other means; in some competitions, such as the UFC 1 , there was no scoring, though most now use some form of judging as a backup. Nearly all mixed martial arts organizations such as UFC , Pancrase , Shooto use a form of full-contact rules as do professional boxing organizations and K Kyokushin karate requires advanced practitioners to engage in bare-knuckled, full-contact sparring allowing kicks, knees and punching although punching to the head is disallowed while wearing only a karate gi and groin protector.

Brazilian jiu-jitsu and judo matches do not allow striking, but are full-contact in the sense that full force is applied in the permitted grappling and submission techniques. Competitions held by World Taekwondo requires the use of Headgear and padded vest, but are full contact in the sense that full force is applied to strikes to the head and body, and win by knockout is possible. Martial arts have crossed over into sports when forms of sparring become competitive, becoming a sport in its own right that is dissociated from the original combative origin, such as with western fencing. The Summer Olympic Games includes judo, taekwondo, western archery, boxing, javelin, wrestling and fencing as events, while Chinese wushu recently failed in its bid to be included, but is still actively performed in tournaments across the world.

Practitioners in some arts such as kickboxing and Brazilian jiu-jitsu often train for sport matches, whereas those in other arts such as aikido generally spurn such competitions. Some schools believe that competition breeds better and more efficient practitioners, and gives a sense of good sportsmanship. Others believe that the rules under which competition takes place have diminished the combat effectiveness of martial arts or encourage a kind of practice which focuses on winning trophies rather than a focus such as cultivating a particular moral character. The question of "which is the best martial art" has led to inter style competitions fought with very few rules allowing a variety of fighting styles to enter with few limitations. Some martial artists compete in non-sparring competitions such as breaking or choreographed routines of techniques such as poomse , kata and aka , or modern variations of the martial arts which include dance-influenced competitions such as tricking.

Martial traditions have been influenced by governments to become more sport-like for political purposes; the central impetus for the attempt by the People's Republic of China in transforming Chinese martial arts into the committee-regulated sport of wushu was suppressing what they saw as the potentially subversive aspects of martial training, especially under the traditional system of family lineages. Martial arts training aims to result in several benefits to trainees, such as their physical, mental, emotional and spiritual health. Through systematic practice in the martial arts a person's physical fitness may be boosted strength, stamina, speed, flexibility, movement coordination, etc.

For this reason, a number of martial arts schools have focused purely on therapeutic aspects, de-emphasizing the historical aspect of self-defense or combat completely. According to Bruce Lee , martial arts also have the nature of an art, since there is emotional communication and complete emotional expression. Some traditional martial concepts have seen new use within modern military training. Perhaps the most recent example of this is point shooting which relies on muscle memory to more effectively utilize a firearm in a variety of awkward situations, much the way an iaidoka would master movements with their sword.

Fairbairn and Eric A. Traditional hand-to-hand, knife, and spear techniques continue to see use in the composite systems developed for today's wars. Unarmed dagger defenses identical to those found in the manual of Fiore dei Liberi and the Codex Wallerstein were integrated into the U. Army's training manuals in [25] and continue to influence today's systems along with other traditional systems such as eskrima and silat. Many martial arts are also seen and used in Law Enforcement hand-to-hand training. For example, the Tokyo Riot Police's use of aikido. Martial arts since the s has become a significant industry, a subset of the wider sport industry including cinema and sports television. Hundreds of millions of people worldwide practice some form of martial art.

Web Japan sponsored by the Japanese Ministry of Foreign Affairs claims there are 50 million karate practitioners worldwide. Martial arts equipment can include that which is used for conditioning, protection and weapons. Specialized conditioning equipment can include breaking boards , dummy partners such as the wooden dummy , and targets such as punching bags and the makiwara. Protective equipment for sparring and competition includes boxing gloves , headgear and mouthguards. Asian martial arts experienced a surge of popularity in the west during the s, and the rising demand resulted in numerous low quality or fraudulent schools. Fueled by fictional depictions in martial arts movies, this led to the ninja craze of the s in the United States. In the seventies, lower ranks kyu began to be given colorful belts to show progress.

This proved to be commercially viable and colored-belt systems were adopted in many martial arts degree mills also known as McDojos and belt factories as a means to generate additional cash. From Wikipedia, the free encyclopedia. Codified systems and traditions of combat. This section does not cite any sources. Please help improve this section by adding citations to reliable sources. Unsourced material may be challenged and removed. February Learn how and when to remove this template message. Main articles: Combat sport and Self-defense. Main article: History of martial arts. Further information: Martial arts timeline. Main articles: History of Asian martial arts and Historical European martial arts.

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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. Account Options Anmelden. Meine Mediathek Hilfe Erweiterte Buchsuche. Jonathan Clements. Voransicht des Buches ». Was andere dazu sagen - Rezension schreiben.

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Used Softcover Quantity: 1. New Paperback Quantity: Book Depository hard to find London, United Kingdom. Published by Little, Brown Book Group Showing Average rating 4. Rating details. More filters. Sort order. Sep 26, Dan rated it really liked it. I really like the fantasy element of a lot of these movies but martial arts histories can be hard to come by so I was very interested in picking this up. Like some of the other reviews, you have to take some of the information in here with a grain of salt.

Just like you wouldn't take the claims of professional wrestlers seriously, neither can I picked this up on a whim, being a fan of wuxia movies like Crouching Tiger, Hidden Dragon and Fist of Legend and stuff like Big Trouble in Little China. Just like you wouldn't take the claims of professional wrestlers seriously, neither can you take the boasts of martial arts masters, some who claim to be able to dodge bullets Morihei Ueshiba or to be over years old Buddahabhadra - the legendary founder of Shaolin Temple I think.

But putting the development of the varied martial arts in a historical perspective was interesting. Of course there is more coverage from the Nineteenth century on because there are more verifiable sources. He goes on to cover the future of martial arts where the selling and marketing of martial arts is overshadowing the religion and philosophy that it was rooted in was a grave concern.

An especially interesting passage was his discussion of ninja in the historical martial arts world. Although there were certainly samurai who did specialize in espionage and the like, Clements posits that the pop culture ninja are largely the invention of twentieth century artist and writers, with the occasional ninja expert like Masaaki Hatsumi claiming to be the latest in a long line of secret ninja grandmasters giving the belief credibility. A quick read, it gives a casual reader an basic overview of the history of martial arts. Though there might be more detailed and in depth histories out there. But for the casual reader, I found this to be entertaining as well as informative. This tragedy of supposed history of martial arts, is not even close to an accurate history or account of anything martial. Clements throws around terms and clinched references in a farce that to layman is supposed to represent the educated, researched, FACT oriented overview of what martial arts are and where and when they came.

The author clearly has never legitimately studied any form of martial art, if so he would truly be embarrassed to have his name associated with such trash! It saddens me that unfortunately unaware people will buy this poorly penned drivel and believe that this is fact! Jan 04, Ryan Hobbs rated it really liked it. Offers an overview of near years of martial arts history.

As the title suggests it is brief, partly through necessity given the length of time covered and partly because the earlier history has precious little concrete information to report on. The chapter on ninjutsu, which was of particular interest to myself as a bujinkan practitioner, is likely to be unpopular but it is at least interesting. Jun 28, Ron Gilmette rated it really liked it. An okay book, but I kind of wonder if Clements is trying to do an expose' on the history of the martial arts. I agree that there are a lot of tall tales of magic and claims of origins. But history is full of that. Look at American history. Still not a bad read. Sep 22, Bryan Alkire rated it really liked it. Interesting and factual. Apr 18, MJ Steele rated it really liked it. Easy to digest with ample insight into current thoughts on martial studies. Daniel Macedo rated it really liked it Dec 09, Allan Graves rated it it was amazing Feb 02, Dean Suter rated it liked it Apr 26, Michaeluna rated it really liked it Feb 04, Sim rated it it was ok Jun 15,

Martial arts - Wikipedia

Many Chinese martial arts also feature weapons as part of their curriculum. Similarly, modern martial arts and sports include modern fencing , stick-fighting systems like canne de combat , and modern competitive archery. Many martial arts, especially those from Asia, also teach side disciplines which pertain to medicinal practices. This is particularly prevalent in traditional Asian martial arts which may teach bone-setting , herbalism, and other aspects of traditional medicine. Martial arts can also be linked with religion and spirituality.

Numerous systems are reputed to have been founded, disseminated, or practiced by monks or nuns. Throughout the Asian arts, meditation may be incorporated as a part of training. In the arts influenced by a mix of Chan Buddhist , Taoist and Confucian philosophy, the practice itself may be used as an aid to attaining mindfulness. Japanese styles, when concerning non-physical qualities of the combat, are often strongly influenced by Mahayana Buddhist philosophy. Concepts like " empty mind " and "beginner's mind" are recurrent.

Aikido practitioners for instance, can have a strong philosophical belief of the flow of energy and peace fostering, as idealised by the art's founder Morihei Ueshiba. Traditional Korean martial arts place emphasis on the development of the practitioner's spiritual and philosophical development. A common theme in most Korean styles, such as Taekkyon , taekwondo , and Hapkido is the value of "inner peace" in a practitioner, which is stressed to be only achievable through individual meditation and training.

The Koreans believe that the use of physical force is only justifiable for self defense. Systema draws upon breathing and relaxation techniques, as well as elements of Russian Orthodox thought, to foster self-conscience and calmness, and to benefit the practitioner in different levels: the physical, the psychological and the spiritual. Some martial arts in various cultures can be performed in dance-like settings for various reasons, such as for evoking ferocity in preparation for battle or showing off skill in a more stylized manner, with capoeira being the most prominent example. Many such martial arts incorporate music, especially strong percussive rhythms see also war dance. Human warfare dates back to the Epipalaeolithic to early Neolithic era. The oldest works of art depicting scenes of battle are cave paintings from eastern Spain Spanish Levante dated between 10, and 6, BCE that show organized groups fighting with bows and arrows.

Wrestling is the oldest combat sport , with origins in hand-to-hand combat. Belt wrestling was depicted in works of art from Mesopotamia and Ancient Egypt c. The foundation of modern East Asian martial arts and South Asian martial arts is likely facilitated by cultural exchanges of early Chinese and Indian martial arts.

In Europe, the earliest sources of martial arts traditions date to Ancient Greece. Boxing pygme , pyx , wrestling pale and pankration were represented in the Ancient Olympic Games. The Romans produced gladiatorial combat as a public spectacle. A number of historical combat manuals have survived from the European Middle Ages. This includes such styles as sword and shield , two-handed swordfighting and other types of melee weapons besides unarmed combat. Amongst these are transcriptions of Johannes Liechtenauer 's mnemonic poem on the longsword

dating back to the late fourteenth century. Likewise, Asian martial arts became well-documented during the medieval period, Japanese martial arts beginning with the establishment of the samurai nobility in the 12th century, Chinese martial arts with Ming era treatises such as Ji Xiao Xin Shu , Indian martial arts in medieval texts such as the Agni Purana and the Malla Purana , and Korean martial arts from the Joseon era and texts such as Muyejebo European swordsmanship always had a sportive component, but the duel was always a possibility until World War I.

Modern sport fencing began developing during the 19th century as the French and Italian military academies began codifying instruction. Modern boxing originates with Jack Broughton 's rules in the 18th century, and reaches its present form with the Marquess of Queensberry Rules of Certain traditional combat sports and fighting styles exist all over the world, rooted in local culture and folklore. The most common of these are styles of folk wrestling , some of which have been practiced since antiquity and are found in the most remote areas. Other examples include forms of stick fighting and boxing. While these arts are based on historical traditions of folklore, they are not "historical" in the sense that they reconstruct or preserve a historical system from a specific era.

They are rather contemporary regional sports that coexist with the modern forms of martial arts sports as they have developed since the 19th century, often including cross-fertilization between sports and folk styles; thus, the traditional Thai art of muay boran developed into the modern national sport of muay Thai , which in turn came to be practiced worldwide and contributed significantly to modern hybrid styles like kickboxing and mixed martial arts.

Singlestick , an English martial art can be seen often utilized in morris dancing. The mid to late 19th century marks the beginning of the history of martial arts as modern sports developed out of earlier traditional fighting systems. In Europe, this concerns the developments of boxing and fencing as sports. In Japan, the same period marks the formation of the modern forms of judo , jujutsu , karate , and kendo among others based on revivals of old schools of Edo period martial arts which had been suppressed during the Meiji Restoration [citation needed] Modern muay Thai rules date to the s. In China, the modern history of martial arts begins in the Nanjing decade s following the foundation of the Central Guoshu Institute in under the Kuomintang government. Western interest in Asian martial arts arises towards the end of the 19th century, due to the increase in trade between the United States with China and Japan.

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American kickboxing was developed in the s, as a combination of boxing and karate. Taekwondo was developed in the context of the Korean War in the s. The later s and s witnessed an increased media interest in Chinese martial arts , influenced by martial artist Bruce Lee. Bruce Lee is credited as one of the first instructors to openly teach Chinese martial arts to Westerners. Karate World Championships were introduced in The " kung fu wave " of Hong Kong action cinema in the s, especially Bruce Lee films , popularized martial arts in global popular culture.

A number of mainstream films produced during the s also contributed significantly to the perception of martial arts in Western popular culture. These include The Karate Kid and Bloodsport Also during the 20th century, a number of martial arts were adapted for self-defense purposes for military hand-to-hand combat. In , the first Pancrase event was held in Japan. Jackie Chan and Jet Li are prominent martial artists who have become major movie figures. Their popularity and media presence has been at the forefront for promoting Chinese martial arts since the late 20th and early 21st centuries. With the continual discovery of more medieval and Renaissance fighting manuals, the practice of Historical European Martial Arts and other Western Martial Arts have been growing [citation needed] in popularity across the United States and Europe.

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A referee acts to monitor for fouls and to control the match, while judges mark down scores, as in boxing. Particular targets may be prohibited, certain techniques may be forbidden such as headbutting or groin hits , and fighters may be required to wear protective equipment on their head, hands, chest, groin, shins or feet. Some grappling arts, such as aikido, use a similar method of compliant training that is equivalent to light or medium contact. In some styles such as fencing and some styles of taekwondo sparring , competitors score points based on the landing of a single technique or strike as judged by the referee, whereupon the referee will briefly stop the match, award a point, then restart the match. Alternatively,

sparring may continue with the point noted by the judges. Some critics of point sparring feel that this method of training teaches habits that result in lower combat effectiveness. Lighter-contact sparring may be used exclusively, for children or in other situations when heavy contact would be inappropriate such as beginners , medium-contact sparring is often used as training for full contact.

Full-contact sparring or competition, where strikes or techniques are not pulled but used with full force as the name implies, has a number of tactical differences from light and medium-contact sparring. It is considered by some to be requisite in learning realistic unarmed combat. In full-contact sparring, the aim of a competitive match is to knock out the opponent or to force the opponent to submit. Where scoring takes place it may be a subsidiary measure, only used if no clear winner has been established by other means; in some competitions, such as the UFC 1 , there was no scoring, though most now use some form of judging as a backup.

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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. Book Description Paperback. Condition: New. In stock ready to dispatch from the UK. Seller Inventory mon More information about this seller Contact this seller.

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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.

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I defy anyone to come away from this book without a deeper knowledge of all martial arts. This is the book I recommend if you want a single volume on martial arts history based on sound evidence and sourced research. I highlighted so many sentences in my Kindle edition that I ran over Amazon's limit! Inhalt Acknowledgements. Note on Translation and Spelling. The Shaolin Temple. Secrets and Shadows. The Way of the Warrior. Nationalism and Modernism. Journey to the West. Ball of Kungfusion. I agree that there are a lot of tall tales of magic and claims of origins. But history is full of that.

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After a slow start for a chapter or two worth a read none-the-less this book becomes a very good read, supporting much of what I have come to suspect over the years from various other sources about the true history of various martial arts but also providing the historical basis for many of the characters who turn up in Chinese cinema in particular. When it comes to actual historical evidence, almost everything believed and re-

transmitted by martial artists as history or foundation story is utt After a slow start for a chapter or two worth a read none-the-less this book becomes a very good read, supporting much of what I have come to suspect over the years from various other sources about the true history of various martial arts but also providing the historical basis for many of the characters who turn up in Chinese cinema in particular.

When it comes to actual historical evidence, almost everything believed and re-transmitted by martial artists as history or foundation story is utter nonsense. Every martial artist should read this. The only negative comment I have is that it is too short and I think there is still a great deal of myth-busting to be done in the world of martial arts. This book serves the martial arts world very well, if enough people read it to spread the truth rather than the nonsense that we've all been taught.

Anthony Evans rated it really liked it Sep 19, Hugh rated it it was amazing Feb 17, Guy rated it liked it Mar 27, Dan Rose rated it liked it Jun 20, Nicola Higgins rated it it was amazing Dec 22, Ryan Sandeen rated it it was amazing Dec 03, Mauricio Cruz rated it it was amazing Oct 19, Il calciatore rated it liked it Feb 22, Mr S Panton rated it it was amazing Jan 21, Jacek Urbanowski marked it as to-read Jul 11, Sam Ramirez added it Jul 31, Victor marked it as to-read Jan 13, Cassandra Royal marked it as to-read Apr 01, Des Paroz added it Apr 21, Tarik marked it as to-read Jun 01,

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