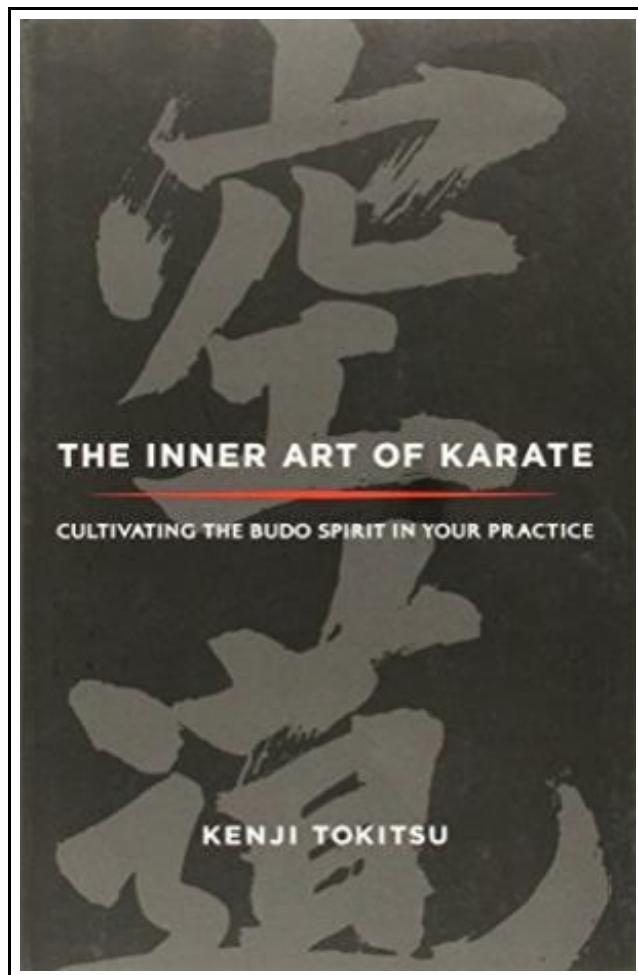


The Inner Art of Karate: Cultivating the Budo Spirit in Your Practice



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Reviews

This kind of publication is every little thing and taught me to looking ahead of time and a lot more. It is packed with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Ida Herman)

THE INNER ART OF KARATE: CULTIVATING THE BUDO SPIRIT IN YOUR PRACTICE

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Shambhala Publications Inc, United States, 2012. Paperback. Book Condition: New. Original. 216 x 142 mm. Language: English . Brand New Book. Budo, the way of the martial arts, is at heart a path of spiritual cultivation and self-realization whose aim is to develop a strategic mind that makes combat unnecessary. Kenji Tokitsu explains the philosophy of karate as budo and looks deeply at the key concepts that are essential for developing the budo mind in karate practice. These concepts are: - distance and timing, - rhythm, anticipation, and intuition, - and the cultivation of explosive but focused energy. These concepts are difficult to teach, but mastering them is the ultimate goal of any true martial artist. Tokitsu expertly guides the reader through these elusive ideas with clarity and a practical view.

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