

# The Way of the Warrior



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Now available again to unfold its lessons of mastery for a new audience, *The Way of the Warrior* has become a true martial arts classic since its first publication in 1991. The combat techniques of the martial arts of India and the Far East have origins shrouded in mystery and practices protected by traditions of secrecy. In *The Way of the Warrior*, the world's great masters, experts dedicated to the purest expression of the martial arts, reveal the principles that inform their philosophy, training, and technique. The disciplines covered include: from India, Kalaripayit and Mama-Adi (the secret and deadly use of pressure points); from China, Shaolin (better known as Kung Fu), and Tai-chi; from Japan, Bujutsu, Karate, Judo, Aiki-do, Kempo, and Naginata-do (practiced by women). Richly illustrated in full color and a must-read for any enthusiast, *The Way of the Warrior* demonstrates the essential paradox of the martial arts—that study of a lethal skill can lead to spiritual enlightenment.

作者介绍:

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