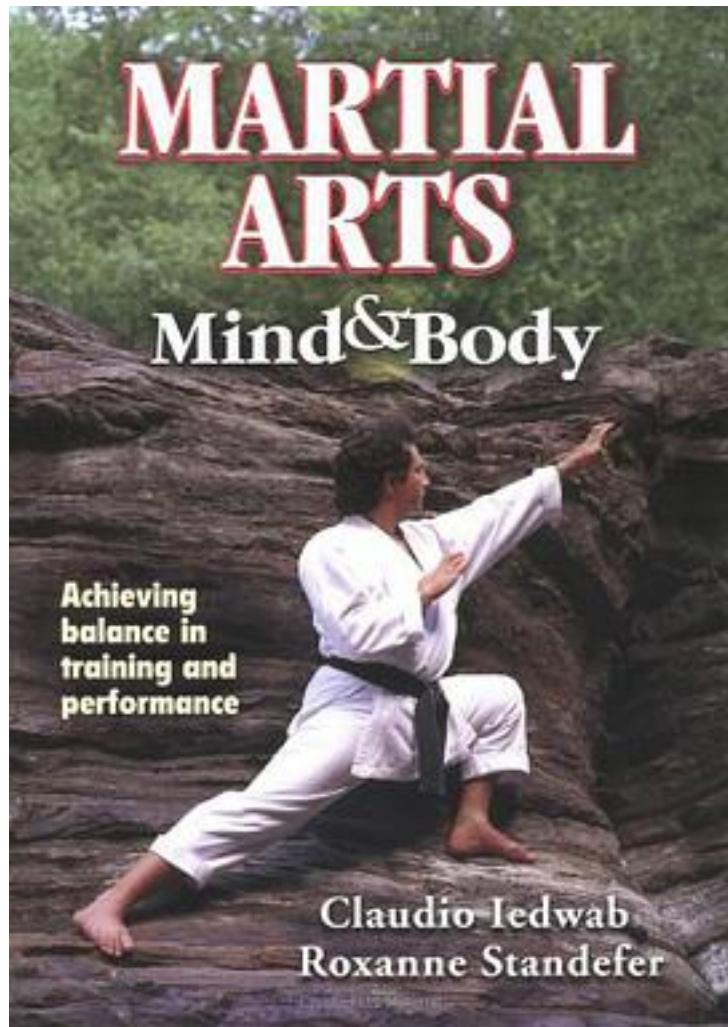


Martial Arts Mind and Body



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Martial artists have long been admired for their discipline and feats of mental and

physical strength as well as the ability to shut out distraction and focus precisely on the task at hand. The authors here reveal how to master these qualities for martial arts and sports performance. Centred on the Japanese concept of kiai, the book explains how to sharpen concentration and awareness, improve the ability to learn new skills, perform better in training and competition and remain focused under stress.

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