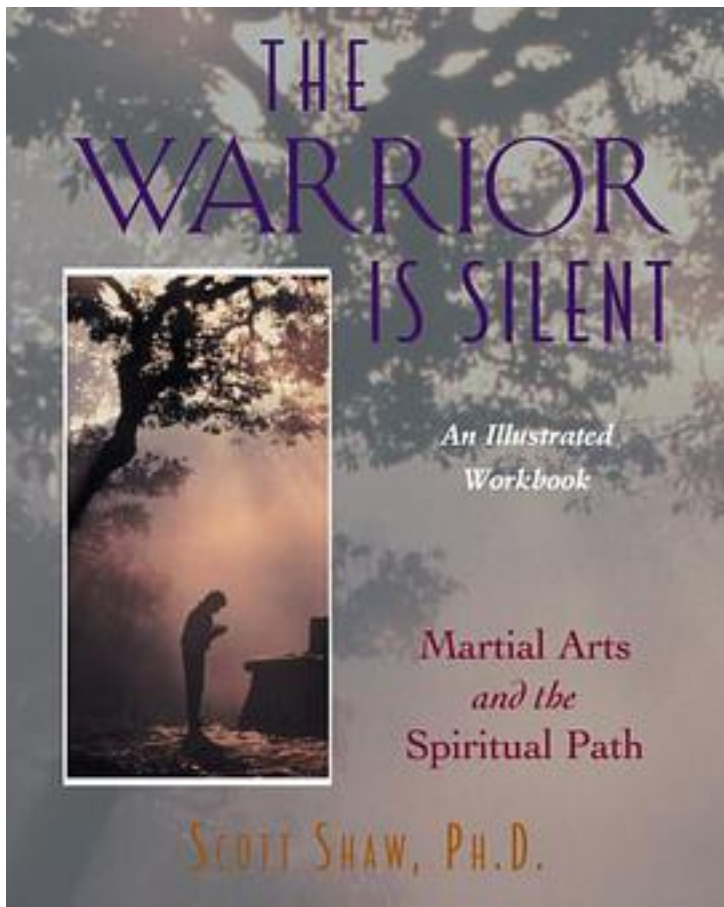


The Warrior is Silent



[The Warrior is Silent_ 下载链接1](#)

著者:Shaw, Scott

出版者:

出版时间:1998-5

装帧:

isbn:9780892816682

A master illuminates the spiritual foundations of martial arts practice in this fully illustrated guide. - Presents an overview of the spiritual foundations of the martial arts. - Takes the reader through a well-illustrated series of self-defense techniques that utilize Ki energy. - An essential guide for anyone interested in a spiritually-centered

martial arts practice. The attainment of superior fighting technique is not the sole purpose of martial arts training. Just as a Zen Buddhist monk uses movement as a form of meditation, the refined martial artist uses the physical techniques of his practice to create a harmonious merging of his individual energy with that of the universe. The stages of training to realize this objective are arduous but necessary for the individual to become an enlightened being rather than simply an accomplished fighter. The Warrior Is Silent presents an overview of the spiritual foundations of martial arts practice in the East and its intimate connection with the perfection of the art itself. In addition, the author, an accomplished martial artist, takes the reader through a well-illustrated series of self-defense techniques that utilize Ki energy. Establishing a balance between the spiritual and physical aspects of the martial arts, The Warrior Is Silent is an essential guide for anyone interested in a spiritually-centered martial arts practice.

作者介绍:

目录:

[The Warrior is Silent_ 下载链接1](#)

标签

评论

[The Warrior is Silent_ 下载链接1](#)

书评

[The Warrior is Silent_ 下载链接1](#)