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ZEN AND THE MARTIAL ARTS by Ming Zhen Shakya (Formerly Chuan Yuan Shakya) First published as a ten-part series on the World-Wide Web by the Nan Hua Chan (Zen) Buddhist Society.

ZEN AND THE MARTIAL ARTS - Karate Cluj Napoca - ENRYO

"A man who has attained mastery of an art reveals it in his every action."--Samurai Maximum. Under the guidance of such celebrated masters as Ed Parker and the immortal Bruce Lee, Joe Hyams

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A wonderfully accessible recounting of one man's experiences with Zen in the martial arts, and as always, Zen is entirely applicable to living life. Recommended for anyone looking for realistic examples of the application of Zen presence.

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Zen in the Martial Arts Author: Joe Hyams Genre: Aikido and Other Martial Arts Publisher: New York: Bantam Books, 1979 ISBN: 0-553-22510-3

Zen in the Martial Arts - ITBS

1 Zen and the Martial Arts When Sifu asked me to speak to you today, it was in the hope that I could enlarge upon some of the issues I addressed in my first talk,

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