

Zen Shaolin Karate: The Complete Practice, Philosophy And History - Nathan Johnson

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In Zen Shaolin Karate, Johnson explains and illustrates in precise detail every subtle movement of two of karate's most common kata, and provides historical testimony for his explanations by integrating his findings with Zen philosophy. The author's unique interpretations of the Nai Fuan Chin and Saam Chin kata will destroy the barriers separating karate, kung fu, and aikido, and will revolutionize how kata are applied in all karate styles. Author: Johnson, Nathan Publisher: Tuttle Publishing Illustration: N Language: ENG Title: Zen Shaolin Karate: The complete Practice, Philosophy and History Pages: 00240 (Encrypted EPUB) On Sale: 2012-08-28 SKU-13/ISBN: 9780804819183 Category: Sports & Recreation : Martial Arts & Self-Defense

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