

Kalaripayat: India's Ancient Martial Art - D.h. Luijendijk

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Although most of India's martial arts have been lost, the southwestern state of Kerala maintains a rich martial tradition in the ancient art of Kalaripayat, a complete system that incorporates empty-handed fighting, weaponcraft and a sophisticated method of massage and healing. After 10 years of intensive study, D.H. Luijendijk is one of a handful of Westerners to reach the instructor level in this obscure art. In this book, he reveals the hidden treasures of this exotic art to you. Author: Luijendijk, D.H. Publisher: Paladin Press Illustration: N Language: ENG Title: Kalaripayat: India's Ancient Martial Art Pages: 00000 (Encrypted PDF) On Sale: 2011-08-24 SKU-13/ISBN: 9781581604801 Category: Sports & Recreation : Martial Arts & Self-Defense

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