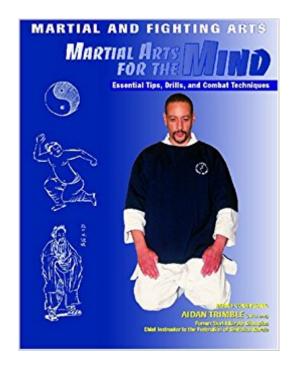


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# Martial Arts For The Mind: Essential Tips, Drills, And Combat Techniques (Martial And Fighting Arts)





## Synopsis

About this bookThe nature and origin of the world's martial arts differ greatly yet all have one thing in common-mental strength. Each martial art insists that its students train to utilize the power of the mind to maximum effect. Indeed Oriental martial arts like kung fu and karate are well known for the great emphasis they put on the training of the mind as well as the body.Courage and bravery are qualities everyone expects to be associated with martial arts but there are many subtle qualities that can be nurtured through proper study and practice such as courtesy tolerance confidence dignity and loyalty. Because training unfolds in a physical way martial artists are able to encourage a healthy body healthy mind attitude within their chosen discipline.Product DetailsAuthor Nathan JohnsonLanguage EnglishFormat HardcoverPages 96Publisher Mason Crest PublishersBook DimensionsWeight 0.9 Pounds Length 10 Inches Width 8 Inches Height 0.5 Inches

## **Book Information**

Series: Martial and Fighting Arts Library Binding: 96 pages Publisher: Mason Crest Publishers (October 1, 2002) Language: English ISBN-10: 1590843940 ISBN-13: 978-1590843949 Product Dimensions: 9.3 x 8.1 x 0.5 inches Shipping Weight: 15.8 ounces Average Customer Review: Be the first to review this item Best Sellers Rank: #7,751,392 in Books (See Top 100 in Books) #42 inà Â Books > Teens > Sports & Outdoors > Martial Arts #861 inà Â Books > Children's Books > Sports & Outdoors > Martial Arts #10277 inà Â Books > Sports & Outdoors > Individual Sports > Martial Arts Age Range: 12 and up Grade Level: 7 and up

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