

The Way Of Judo A Portrait Of Jigoro Kano And His Students

Dr. Moshe Feldenkrais is best known for pioneering the somatic therapy that bears his name. Less well known is that he was also one of the earliest European practitioners of the martial art of judo and wrote a number of influential texts on the subject. Primary among these is *Higher Judo*, first published in 1952 and now reprinted with a new foreword that offers useful context and elaborates on Feldenkrais' comprehensive—and still timely—approach to the martial art and to the body. Judo was a natural choice for Feldenkrais's fascination with body/mind exploration and how to promote optimal functioning through awareness. In *Higher Judo*, he presents judo as the art of using all parts of the body to promote general health, and as part of the “basic culture of the body.” He reveals judo's potential for creating a sense of rhythm of movement and improving mental and physical coordination. *Higher Judo* covers specific movements and positions—the astride position, the six o'clock approach, falling techniques—in both the text and the clear line drawings. Even more importantly, it shows how such groundwork can help practitioners develop their mental and physical awareness to their full potential.

A guided tour of the art of self-defense is offered by Russian president Vladimir Putin, a judo expert. Photos & illustrations. Focusing on Kodokan Judo, this book contains full descriptions of all 67 throws, with variations and practice guides. In addition, it details the origins of some techniques, using old and rare photos of Kano in action. It is suitable for all judo practitioners. The author was a 3-times Olympic Judo champion in his youth, and became the chief instructor of Kodokan - the official Judo headquarters. This book is the

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successor to the perennial bestseller Kodokan Judo', by the founder Jigoro Kano, and contains full descriptions of all 67 throws, with variations and'

In 1882 Jigoro Kano (1860-1938) founded Kodokan Judo at Eishoji Temple in Tokyo. It was the culmination of a lifelong devotion to the jujutsu of the past, which he reorganized while taking great care to retain its classical traditions. Historically, martial arts were practiced only by the elite in Japan. Kano, a renowned educator as well as a sportsman, is credited with popularizing the martial arts, and in particular, judo, among people in all levels of society. When he was young, Kano studied jujutsu, a martial art practiced in Japan since feudal times, which involved throwing, hitting, kicking, stabbing, slashing, choking, bending and twisting limbs-and defenses against these attacks. After years of studying, he realized that although many different jujutsu techniques were taught, there was no one core value holding them together. Kano identified an all-pervasive principle- to make the most efficient use of mental and physical energy-and combined only those techniques in which this principle was correctly applied into modern judo. "Ju" means gentleness or giving way. "Do" means principle or the way. Judo, therefore is the Way of Gentleness, which implies that first giving way leads to ultimate victory. The Kodokan is literally, "the school for studying the Way." This book is a collection of Kano's essential teachings, selected and compiled from his wealth of writings and lectures spanning a period of fifty-one years. Today the International Judo Federation has 187 member countries and regions. As an official sport of the Olympic Games, judo has inspired young people of all nationalities, and Kodokan is universally recognized as the Mecca of Judo. This book is the totally revised edition of Canon of Judo. It is said that the original book played a big role in founding the International Judo Association and in helping Judo become

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an Olympic sport in 1964. Kyuzo Mifune (1883-1965) began Judo as a child, and in 1920 was awarded the highest possible rank of 10th dan - the only man ever to reach this height. Called the 'god of judo', he was so famous that '10th-Dan' replaced his name! Legend has it that in his sixty years of practice he never lost a match and was never thrown. This book is a totally revised edition. The original'

The term "judoka" refers to one who does judo, the modern martial art with origins in 19th century Japan, a fighting art with a particular emphasis on the use of an opponent's own strengths to effect his defeat. This book is an account of the adventures of such a man, a judoka, but it is not just about this man, or the martial art he practices. Rather, it is about the "way" of judo, as both a fighting art and an approach to living ("a way"), and what this way might be able to tell us about who we are and who we might choose to become. The book does not prescribe "a way" for others to follow; that is, it does not simply offer advice about what to believe or how to behave, or point out the faults in other ways of being. It simply describes the way of one particular man, with commentary explaining, or rather reasoning through, the choices he has made, with the story presenting the consequences that these choices have for him. Reviews for the 1st edition: "This extraordinary little novella is reminiscent of Castaneda but far more intelligible." -Alan Watts "His direct writing about judo is clear and quietly restrained, hard to match in the literature of the subject." -New York Times Describes the characteristics, objects, and principles of the various basic attack and defense movements of the martial art of judo

Getting started in Judo can be daunting. But training martial arts is one of the most beneficial things I've ever done, mentally and physically, but getting over the beginner's hump was where a chunk of those benefits come from. Thankfully

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the Internet now allows us to learn more easily from those who came before us. Here is what you will learn in *Beginning Judo: The Ultimate Guide* What is Judo? What is the English translation or the meaning of the word Judo? What is the purpose in learning Judo? What are the main principles in learning Judo? Where did Judo come from? What is the difference between Judo and Traditional Jujitsu? What is the difference between Judo and Brazilian Jiu-Jitsu? Who created Judo? What are the different types of Judo throws? When did Judo become an Olympic sport? What are the Judo belt ranks? How to find a good Judo school? How to research your instructor? What does a typical Judo lesson consist of? Is Judo good for self defense? How long does it usually take to get a black belt in Judo? What does Randori (Sparring) look like? I'm concerned about getting hurt sparring. What should I do? Competing in your first Judo tournament Why it is a bad idea to cut weight for Judo tournaments Getting down to your target weight without losing muscle and cutting weight Would You Like To Know More? Download and begin your Judo journey. Scroll to the top of the page and select the buy button.

A martial arts biography of the legendary founder of judo, Jigoro Kano, and the colorful coterie of disciples who wanted to carry on his legacy Kodokan judo, one of the most well-known martial arts in the world today, was originated by Jigoro Kano (1860–1938), a martial artist and career educator who developed the art after studying several types of jujutsu, sumo, and Western wrestling. Openness and refinement were hallmarks of his personal and professional style, and he relentlessly searched for the best way to practice, teach, and perform techniques. This biography shows how Kano saw judo as a vehicle not just for self-defense, but for physical,

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spiritual, and moral development as well. His teachings clearly emphasize his ideal of judo as a way of self-cultivation that leads to physical health, ethical behavior, and ultimately a better society. Kano was a tireless activist who promoted the practical application of judo's principles in all realms of life—in one's personal behavior, for education, in work, for economic benefit, and in both the local and international political arenas. Kano's students were a colorful, sometimes notorious bunch, and this book reveals how several went on to become famous—or infamous—in their own right. They include a prime minister of Japan, the leader of the Communist party in China, a famous novelist, a spy, high-level military leaders, and a media mogul, among many others.

It is a sport of balletic beauty and extraordinary violence - where else are you allowed to strangle an opponent unconscious? When Mark Law joined his local judo club he found himself able to observe at close quarters the sport practised at its highest level, as figures, grappled, whirled and flew through the air. His journey into judo then took him to Osaka, Japan, for the World Championships and to Athens for the Olympics. He explored the sport's origins in seventeenth-century Samurai culture and met some of the most single-minded and self-denying competitors of all time. Funny, alarming and mesmerising, *The Pyjama Game* is one of the best sports books of recent years. 'This is damn fine stuff, and will entertain and enlighten an audience far beyond the confines of the dojo' *Daily Telegraph* 'It's lively, it's witty and, above all, so persuasively

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enthusiastic you'll find yourself feeling an intense urge to try it for yourself' Mail on Sunday

There have been many books on judo--some highly competent, others well-written or well-illustrated, some fit for beginners, others for the advanced student. To have all these in a single volume is unusual.--San Francisco Chronicle The Art and Science of Judo is a revealing Japanese martial arts manual that focuses primarily on the scientific principles at work in Judo. In this book, highly-respected Judo instructors Jiichi Watanabe and Lindy Avakian delve deeply into the mechanics of Judo, offering clear-cut scientific explanations for the numerous techniques involved in throwing and grappling. By understanding the science behind the art, you will become prepared to perform the right moves at the right time and successfully meet the challenge of responding to your opponent. The book has over 200 illustrations and 40 photos which show the forces that are employed when performing common Judo throwing and grappling moves such as hip throws, foot sweeps, collar holds, and many more. In addition to the precise explanations of judo's physical aspects, you'll also find detailed insights into the psychological factors related to judo's underlying philosophy. Topics include: How dynamics are applied to Judo The three principles for practicing Judo The three laws of motion and how they apply to Judo Different kinds of force found in Judo techniques How to effectively practice throwing and grappling A new foreword by Judo instructor Neil Ohlenkamp offers insight on the book's importance as a resource for every Judo practitioner and instructor. The Art and Science of

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Judo is a fascinating and valuable work, which will help you achieve success by not only understanding what techniques to master but also why they work and when to use them.

Based on a series of interviews that Jigoro Kano gave in his sixties, the book relates his creation and development of Kodokan judo during the period 1882 to 1928.

The best guide to learning jiu-jitsu ever written in English, this is the most comprehensive study available. It describes the authentic form of judo developed in the late 19th century by Professor Jigoro Kano — not the many imitations often called by this name. Officially recognized by the Japanese government as the preeminent school of jiu-jitsu, the Kano system was the method in which Japanese armed forces and police were trained. The complete system of 160 holds and throws is clearly explained, with 487 photographs and four charts providing further clarification. Pressure points, balance, falling, and every other important aspect receives full and complete treatment. The first section presents 60 "tricks" of combat in strict sequence that prepare for part two, in which readers learn how to apply the advantages of the tricks they've learned. The third section deals with highly scientific tricks of combat, by which an opponent may be incapacitated — and the methods of kuatsu, or resuscitation, by which a fallen opponent may be revived. Martial arts students at every level of experience will find this classic guide a source of valuable information and instruction.

Kodokan judo, one of the most well-known martial arts in

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the world today, was originated by Jigoro Kano (1860–1938), a martial artist and career educator who developed the art after studying several types of jujutsu, sumo, and Western wrestling. Openness and refinement were hallmarks of his personal and professional style, and he relentlessly searched for the best way to practice, teach, and perform techniques. This biography shows how Kano saw judo as a vehicle not just for self-defense, but for physical, spiritual, and moral development as well. His teachings clearly emphasize his ideal of judo as a way of self-cultivation that leads to physical health, ethical behavior, and ultimately a better society. Kano was a tireless activist who promoted the practical application of judo's principles in all realms of life—in one's personal behavior, for education, in work, for economic benefit, and in both the local and international political arenas. Kano's students were a colorful, sometimes notorious bunch, and this book reveals how several went on to become famous—or infamous—in their own right. They include a prime minister of Japan, the leader of the Communist party in China, a famous novelist, a spy, high-level military leaders, and a media mogul, among many others.

An entertaining, and sometimes amusing, guide to the practice, history and philosophy of Zen Judo. Zen Judo is a Martial Art where the art is emphasised in a non competitive, mutually beneficial environment. Learn how whole families can train together on level terms with judoka, or participants of all ages, qualification and experience.

This ready-to-color illustrated Judo Martial Arts Coloring

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Book is intended for children of all ages who love this Japanese art form of unarmed combat. Judo (the gentle way) was derived from jujitsu and intended to train the body and mind using various holds and leverage to unbalance your opponent. Benefits - Make your work look great using colored pencils, pens, markers or crayons - Illustrations on separate pages to protect your colorful masterpiece - Artist name & date box on back of each illustration - Share and give your colored art work to friends, family and loved ones as gifts or precious keepsake - Full color examples on back cover - Enjoy therapeutic, stress relieving effect coloring can bring - Relax, unwind and spend time together Just hit the buy button and start your coloring journey now!

Improve communication, resolve conflicts, and avoid the most common conversational disasters through simple, easily remembered strategies that deflect and redirect negative behaviour. Verbal Judo is the martial art of the mind and mouth that can show you how to be better prepared in every verbal encounter. Listen and speak more effectively, engage people through empathy (the most powerful word in the English language), avoid the most common conversational disasters, and use proven strategies that allow you to successfully communicate your point of view and take the upper hand in most disputes.

A variety of winning judo techniques developed over years of teaching are presented in this guide that prepares mixed martial artists for transcending numerous scenarios. Based on the same training methods that have produced multiple Olympic medalists, the book

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demonstrates how any opponent can be overcome, even from a position that may seem hopeless. It is generously illustrated with techniques and exercises that are proven winners and is appropriate for beginning judo practitioners.

A product of over twenty years of exhaustive research, *Judo Training Methods* is a comprehensive examination of the Japanese Judo. Written by martial arts authority Donn Draeger and judo champion and instructor Takahiko Ishikawa, it is an expert martial arts guide. Although the examples are geared toward judo, the training and conditioning methods set out are valuable for all martial artists and athletes, whatever their art or sport. *Judo Training Methods* is an "encyclopedia of judo" covering not only Judo techniques and training methods but also dojo etiquette, tournament rules, and promotion requirements. This illustrated judo book features over 1,000 photos and 200 conditioning exercises. A perfect introduction to Judo for beginners, the exercises in this classic text are also valuable conditioning exercises for football, basketball, track, swimming, wrestling, boxing, tennis, baseball, mixed martial arts and more! Chapters introduce readers to the principles and practice of Judo, including: Physical Judo Re-Examined Classification of Exercises and Muscle Groups Kinesiological Principles About Muscle Judo Training Advice Judo and Weight Training Judo Training Routines Preparatory Exercises Supplementary Exercises Compound Exercises Auxiliary Exercises Whether you're a college student seeking a major, a twenty- or thirty-something looking to advance your

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position in life, or an accomplished individual whos considering a transition for more fulfillment, there is a path to a meaningful career for you. It will take focus, energy, and grit, but it will reward you in more ways than you can imagine. With insights that will empower, motivate, and inform you, Career Judo guides you through a progression of action steps to clarify and accelerate your journey of positive change and career transition. Career Judo combines a lifetime of insights with over a decade of practical strategies and resources that have been applied successfully by my students and clients. Like the colored belts you are awarded as you advance in judo training, this book offers stepwise levels of trusted techniques and a progression of knowledge, skills, and resources to help you achieve a meaningful change in your career. Each belt in Career Judo provides viable techniques that you can immediately engage to craft your career map and achieve results. Most importantly, just as you would learn how to balance your own unique strengths against those of your opponents in the dojo, Career Judo helps you discover what makes you unique and valuable in the job market and learn how to demonstrate that powerfully to potential employers. A handbook for verbal self-defense, this book describes techniques of protecting and defending oneself effectively in challenging communication situations and how to shorten hostile interchanges and to stop provocations. The author draws on two main sources: insights gained from the training she gives as a communications consultant, and principles of Asian martial arts, which she then applies to verbal self-

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defense.

This book will help police officers and other contact professionals develop verbal strategies that can transform potentially explosive encounters into positive resolutions. It addresses the most difficult problems of the street encounter where quick thinking and spontaneous verbal response often make the difference between life and death. The author explores all kinds of confrontation rhetoric and offers both a theoretical and practical account of how to handle street situations. Following an introduction to the problems of street communication the author focuses on five basic rhetorical elements perspective, audience, voice, purpose and organization. The principles and techniques described can be used in practically every verbal encounter. Each chapter includes case studies that give readers practice in developing rhetorical strategies for handling street encounters and dealing with the public. The final chapter provides a professional model for police officers. It presents a definition of the law enforcement profession that will command respect from the public and offer those in the profession a firm sense of identity.

A founding editor of *The First Post* recounts his impulsive decision to take up judo when he turned fifty, an activity he came to love and admire in spite of grueling training sessions, in an account that also describes his research into judo history and his attendance at matches between famous competitors. Original.

Judo, or the Way of Gentleness, an ideal form of physical exercise and a reliable system. of self-defense, was specially created from traditional Japanese martial

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arts. This book by the creator of Kodokan judo is uniquely comprehensive and the most authoritative guide to this martial art ever published. Over a hundred years ago Jigoro Kano mastered swordsmanship and hand-to-hand combat. Failing to discover any underlying principle, he set about designing a new martial art to reflect the concept of maximum efficiency in the use of physical and mental energy. Today, the concepts and techniques of judo taught at the Kodokan are the ones originally devised by their creator and collected together in this book. Covering everything from the fundamental techniques to prearranged formal exercises for both men and women, the book offers detailed explanations of how techniques are combined in two types of practice: randori (free practice) and kata (the practice of forms). In addition to a discussion of traditional methods of resuscitation, the book concludes with a useful appendix of information on the founder and the Kodokan International Judo Center, and a glossary of judo terminology. Fully illustrated throughout, Kodokan Judo will help students and instructors everywhere to discover the principles, techniques, and spirit of this popular martial art.

Principles are the reasons why techniques work... or don't. There are hundreds of thousands of techniques from dozens of martial arts, but they all rely on a relatively small set of principles: Breaking the balance, distributing your weight, conserving energy, applying leverage... Once you know and understand the major principles behind grappling

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techniques, new techniques become easier to learn, all techniques become clearer, and your ability to make the techniques work for you will increase as well. Understanding HOW, WHY, and WHEN the moves work will bring your Judo, BJJ, Sambo or wrestling to a new level. Every decent grappling book will cover some principles along with techniques, but I have never found a book explaining principles and concepts into any kind of depth. This book is meant to bridge that gap and concentrates on principles and concepts, along with explanations, examples and illustrations. Even though my own background is in Judo, BJJ and Karate, these principles are common to all grappling arts, from Judo and BJJ to Sambo, Wrestling, Catch, Luta Livre, etc. I hope you will find value in it. There are also a couple bonus chapters in this edition covering fundamentals of anatomy and strategy for grapplers. If you are interested in my take on these subjects, please let me know. Note: this book was originally published under the title "Principles And Concepts For Grapplers" and is now being republished with a nicer cover, a new name and some updates (mostly added a glossary and new illustrations, etc.) based on reader's feedback.

The Judo Advantage explores the dynamics of how and why the human body works most efficiently for throwing, submission, and pinning techniques.

Although judo provides the basis for the author's

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analysis, his insights also relate to other grappling sports such as Russian sambo, Brazilian jiu-jitsu, and Olympic and collegiate wrestling. Gain a competitive edge using the principles of human biomechanics. Master the ability to control your opponent's movements. Improve fluency for seamless transition between techniques. Generate incredible power and speed. This book features: In-depth analysis of stances, balance breaking, throws, takedowns, transitions, ground fighting, trapping, footwork, combinations, gripping, posting, linear and angular movement, torque, generating power, evading, generating force, changing directions, and stability Over 200 action photos Drills and winning insight for coaches and athletes of grappling arts Steve Scott merges traditional martial wisdom with modern kinesiology, the study of human anatomy and movement. This new biomechanical perspective helps competitors develop every facet of their grappling skill, giving them a clear advantage in controlling opponents.

The Way of Judo A Portrait of Jigoro Kano and His Students Shambhala Publications

The Secrets of Judo is a revealing Japanese martial arts manual that focuses primarily on the scientific principles at work in judo. It offers clear-cut explanations of the numerous techniques involved in throwing and grappling. In addition to the precise detailing of judo's physical aspects, this book

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provides insights into the psychological factors related to judo's underlying philosophy. The Secrets of Judo, a fascinating and valuable work since its original publication in 1959, sets out a comprehensive course to achieve maximum efficient use of mental and physical energy that remains as vital and fresh as when first recommended by Risei Kano, president of the Kodokan, on its original publication. This Judo guide features sections on: The Art and Science of Judo How Can Dynamics Be Applied to Judo? Three Principles for Practicing Judo Three Laws of Motion Kinds of Force Acting State of Force How to Practice Throwing How to Practice Grappling

The Fundamentals of Judo identifies the essential techniques that define Judo as a fighting art and looks at how students should practise and develop these key skills. The core techniques are analysed in depth and through step-by-step photography for the benefit of both beginner and experienced Judo players. The analysis of each technique reflects Ray Stevens' detailed technical knowledge and experience as a Judo player. Topics covered include: how Judo originated and evolved; the effect Judo has had on the world of martial arts; how a Judo club is structured and how students of all abilities can practise and train together; how to get started and to get the most from your training. Aimed at beginners and improving judo players and superbly illustrated

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with 250 colour step-by-step photographs.

In 1882 Jigoro Kano (1860-1938) founded Kodokan Judo at Eishoji Temple in Tokyo. It was the culmination of a lifelong devotion to the jujutsu of the past, which he reorganized while taking great care to retain its classical traditions. Historically, martial arts were practiced only by the elite in Japan. Kano, a renowned educator as well as a sportsman, is credited with popularizing the martial arts, and in particular, judo, among people in all levels of society. When he was young, Kano studied jujutsu, a martial art practiced in Japan since feudal times, which involved throwing, hitting, kicking, stabbing, slashing, choking, bending and twisting limbs — and defenses against these attacks. After years of studying, he realized that although many different jujutsu techniques were taught, there was no one core value holding them together. Kano identified an all-pervasive principle — to make the most efficient use of mental and physical energy — and combined only those techniques in which this principle was correctly applied into modern judo. "Ju" means gentleness or giving way. "Do" means principle or the way. Judo, therefore is the Way of Gentleness, which implies that first giving way leads to ultimate victory. The Kodokan is literally, "the school for studying the Way." This book is a collection of Kano's essential teachings, selected and compiled from his wealth of writings and lectures spanning a period of fifty-one

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years. Today the International Judo Federation has 187 member countries and regions. As an official sport of the Olympic Games, judo has inspired young people of all nationalities, and Kodokan is universally recognized as the Mecca of Judo. The reader becomes a black belt in judo who has been given the job of teaching the art to a billionaire's stepson on an exotic Caribbean cruise, but the job turns deadly when the boy is mysteriously kidnapped

Learn the basics of Judo with this invaluable martial arts guide. The Sport of Judo an invaluable resource for any beginning judoka or teacher, comprises a point-by-point demonstration and explanation of over 50 essential judo techniques, as practiced at the international home of judo, the Kodokan Institute in Tokyo. Judo, the "gentle way" based on the ancient Japanese martial art of jiu-jitsu (or jujitsu) and now a premier modern Olympic sport, is systematically presented in this book. Published over 50 years ago, this martial arts classic includes a brief history of development and spread of judo, as well as a discussion of judo competition, including Kodokan contest rules, and a complete glossary of terms. "The exercises, drills, and programs in this book are designed to help judoka improve strength, power, agility, quickness, and endurance"--

Judo, meaning "gentle way", is a modern Japanese martial art and combat sport, which originated in Japan in the late nineteenth century. Its most prominent feature is its

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competitive element, where the object is either to throw one's opponent to the ground and immobilize by joint-locking the elbow or by applying a choke. In *Judo Foundations*, Miguel López sensei with his more than forty five years practicing judo nationally and internationally, is sharing his knowledge of the roots, philosophy, meaning of the judo techniques, and how to excel in judo while underscoring the importance of judo values and its essential role in society.

Jigoro Kano (right; in 1870 at age ten) was small as a child, which gave rise to his determination to study jujutsu. In his early twenties, he combined the best of what he had assimilated and founded modern judo. A professor at the age of twenty-five, he played an important educational role in transforming Japan from a country ruled by the samurai into a modern nation.

This judo text is written in easy-to-follow language and illustrated with action photographs. It describes all basic and intermediate level techniques.

Traces the history of judo, demonstrates basic practice routines, and examines the connection between meditation and the martial arts

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