



A Way Of Life: An Introduction and Guide to the Martial Way

Jared Slipman

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This book examines in detail the moral and ethical implications for one who practices the Martial Arts, and in specific, Karate-Do. In addition to serving as a high level explication of the inner teachings of the Martial Arts, this text outlines information any prospective student looking to venture into the Martial Arts world should know. This includes an in depth examination of the technical aspects of body movements, as well as discussing the mental aspects of the Art.

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