

The College of Chinese Martial Arts

MARTIAL ARTS TRAINING MANUAL



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Martial Arts Manual Global Trend

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Complete Martial Arts Training Manual Ashley Martin, 2012-04-16 The Complete Martial Arts Training Manual is a complete guide for anyone who has an interest in the martial arts Having a broad knowledge of the various techniques of the martial arts gives a martial artist an expanded ability to counteract a variety of attacks and overwhelm an opponent's defenses Author Ashley Martin shares with the reader his years of experience as a practitioner and teacher He provides a catalog of the various martial arts being taught worldwide and their strengths and weaknesses He then covers the basics of hand to hand techniques within each of those disciplines from strikes to ground fighting Finally he offers information on the overall health and well being of the martial artist including important nutritional information and stretching techniques The Complete Martial Arts Training Manual is a solid foundation of martial arts for beginners and a key supplement for the veteran martial artist

Insider's Guide to the Japanese Martial Arts Alexander Bennett, 2023-03-07 The ultimate guide to the Japanese martial arts by the world's foremost expert Author Alexander Bennett is the ultimate insider having lived in Japan for decades He holds multiple black belts in Kendo and Naginata as well as PhDs in Japanese literature and history An Insider's Guide to the Japanese Martial Arts is Bennett's personal guide for fellow martial artists and seekers who wish to undertake their own personal quest to study or practice a martial art in Japan In this book Bennett outlines the history of the Japanese warrior from early times until the present Then as only someone steeped in this world can he surveys the contemporary martial arts scene and provides essential tips on how to find a teacher and a dojo and how to navigate and survive the difficult martial arts world in Japan today The chapters in this book cover many different topics including The Real Samurai How the Japanese Martial Arts developed Martial Arts Masters You Should Know About Budo in Japan Today Key Martial Arts Concepts Life in a Japanese Dojo A Japan Survival Guide Written in an informal easy to read style this book will captivate anyone with an interest in Japan and Japanese culture especially martial artists around the world

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