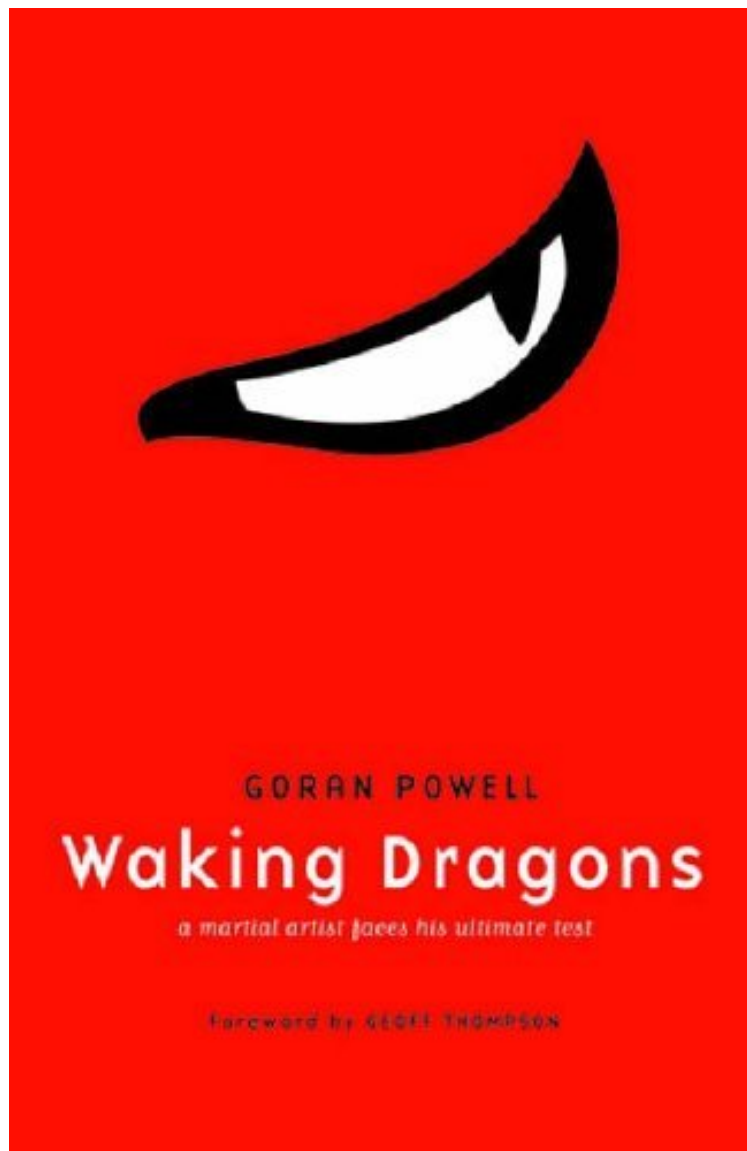


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Waking Dragons - A Martial Artist Faces His Ultimate Test (English Edition)

Von Goran Powell

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Von Goran Powell : Waking Dragons - A Martial Artist Faces His Ultimate Test (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Waking Dragons - A Martial

Artist Faces His Ultimate Test (English Edition):

Kurzbeschreibung Thirty Man Kumite is one of karate's toughest tests. Kumite means fighting, so it means fighting a line-up of 30 people, one after the other, with no pause in between each fight. Each new fighter is fresh, and the person taking the test must move up the ranks fighting higher and higher grades, the strongest last. Few martial artists will ever experience this. This book is a true account of Goran Powell's Thirty Man Kumite which was much harder than even he had imagined and the lifetime of martial arts that led up to it. He explains what he learned at each stage and how he put it into practice for his ultimate test. The book touches on concepts such as chi, 'soft' techniques, Zen and the idea that 'it's all in the mind'. A story of personal development, self-knowledge, overcoming fear and spiritual growth.

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Synopsis "In the third fight, I got caught in a clinch and made a half-hearted attempt at a throw, hoping to conserve my energy. I got thrown instead. This was going to be so much harder than I had imagined." "...I looked at the huge line of fighters still to come. It coiled around three sides of the mat, like some great white dragon waiting to devour me, and suddenly the task seemed impossible". The 30 Man Kumite is one of Karate's toughest tests, reserved for senior black belts with years of experience. One person fights a line up of 30 fighters, one after another, full contact, moving up the grades and facing the strongest, most dangerous fighters last. This is a true account of one man's 30 Man Kumite and the lifetime of Martial Arts that led to it. Charting the development of mind, body and spirit over many years, it offers a rare insight into the true purpose of the Martial Arts.