

Name: Doug Kim

Date Submitted: November 17, 2005

School: University of California, Berkeley

Club: Yongmudo

Rank: 3rd Dan

Type: Paper

Title: Aging and Martial Art Training

Author: Doug Kim

Citation: None

Abstract: Aging is a natural process. However, the ill effects of aging can be mitigated to a significant degree by regular, vigorous exercise. Training (exercise) is a major part of the “Way” (*Do*) in many martial arts. Thus continuing training as we age is an important component of pursuing the Way that we as martial artists espouse. In this paper we have examine the aging process in some detail and consider strategies to continue training as we age.

Total # of pages: 13

Electronic version also submitted: Yes

E-type: Mac

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Application used, with version MS Word X of Mac

Name: Doug Kim

Date Submitted: November 17, 2005

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Club: Yongmudo

Rank: 3rd Dan

Type: Book Review

Title: CHILDEN and the MARTIAL ARTS *An Aikido Point of View*

ISBN: 1-55643-139-2 North Atlantic Books Berkeley, CA 1993

Author: Gaku Homma

Citation: None

Abstract: Review of CHILDEN and the MARTIAL ARTS *An Aikido Point of View*

Total # of pages: 6

Electronic version also submitted: Yes

E-type: Mac

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