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## Martial Arts Teaching Tales of Power and Paradox: Freeing the Mind, Focusing Chi and Mastering the Self

By Pascal Fauliot

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Martial Arts Teaching Tales of Power and Paradox: Freeing the Mind, Focusing Chi and Mastering the Self, Pascal Fauliot, A collection of parables and teaching stories from the martial arts traditions of Japan and China that emphasizes their spiritual foundation. - The teaching stories in this book are based on the lives of martial arts masters and are meant to inspire questions and insights for the student. - Written for martial artists and anyone interested in Eastern religions such as Buddhism, Zen, and Taoism. True martial arts should never be confused with simple combat techniques. Rather, martial arts are a way that an individual, after a long and difficult apprenticeship, can gain a profound understanding of the true nature of reality and one's place in it. Over time the apprentice discovers the laws governing the subtle forces of life and realizes that their mastery is only possible after one has mastered oneself. "He who has mastered the Art doesn't use his sword: he compels his adversary to kill himself." This quote from renowned sword master Tajima no Kami perfectly expresses the paradoxical nature of martial arts teachings in China...



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