

# Where To Download Kenpo Karate Law Of The Fist And Empty Hand

## *Kenpo Karate Law Of The Fist And Empty Hand | ad45809ddadbe990232120cb6ef00949*

American Kenpo Mastery  
Martial Notebooks TAEKWONDO  
The Zen of Kenpo  
The Martial Arts Woman  
Kenpo Knowledge, Essays & Articles: Akj-American Kenpo Karate  
Infinite Insights Into Kenpo  
Kajukenbo -- the Original Mixed Martial Art  
Chinese Kenpo Belt Manual  
Modern Bujutsu and Budo  
Modern Arnis  
Ed Parker's Encyclopedia of Kenpo  
The Law of the Fist and the Empty Hand  
Secrets of Kenpo Karate  
North American Kajukenbo  
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James Mitose and the Path of Kenpo  
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Musashi's Book of Five Rings  
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North American Kajukenbo from White to Black  
Kenpo Karate Master Keys  
How to Create Kenpo Karate  
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Kenpo Law of Fist Tiger Dragon Kenpo Karate Men Women Gift T-Shirt  
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American Kenpo Karate  
Kenpo Karate Master Keys  
The Marine Corps Martial Arts Program  
Kenpo for Beginners  
Championship Kenpo

### *American Kenpo Mastery*

*Introduction to How to Create Kenpo Karate* There is a school of thought, in the martial arts, that to be good one must do as they are told, must memorize long and laborious forms, must memorize endless strings of random techniques. Kenpo is one of these schools, and, I hate to say it, perhaps the worst. There are hundreds of random strings of moves to memorize, the forms are more for dance than creating power, and freestyle is a thing apart. And, sad to say, nobody objects, they treat the art as if sacred, never to be questioned. Yet, if you examine those who brought it to us, they questioned the heck out of it. Mitose was interested in self defense techniques, Chow was interested in street fighting techniques, and Parker Parker was interested in creating a lasting ode to himself. So we are left with something that worked for them, but which has become a mish mash to us. The purpose of these three books, 'How to Create Kenpo,' is to cause you, the student, to question. To question the masters, to question the system, to question yourselves. To do this, to raise these questions, we will examine Kenpo using something called Matrixing. Matrixing is a form of logic. What matrixing does is enable the student to see a martial art with such clarity that he or she can tailor that art to his or her own specific lights; in this case, to create kenpo so that it is not a series of memorized techniques, but rather a creation of the self. To reach this point, where you create the art, is the essence of all arts, it is the mark of the true artist. How to Create Kenpo Karate consists of three volumes. The first volume has the history, including the mistakes of the pioneers, and the analysis of 54 kenpo techniques. The second volume continues with the analysis of techniques, and includes a short section on how to revise and recreate the forms of Kenpo. The third volume concludes the analysis of techniques, then presents a complete revision of Kenpo, including all belts, and the matrixing theory behind this. You will learn how to write a matrix of your own at this point, though for complete information on how to make and use matrixes you are recommended to view the series called 'Matrixing Karate.' Now, enjoy, and have a great work out! All Case

### *Martial Notebooks TAEKWONDO*

Memories of Edmund Kealoha Parker Sr. is about the Senior Grandmaster of American Kenpo Karate. This book is written by his eternal wife Leilani Parker. Because of his exemplary life her husband lived she felt to share the totality of his life as she knew it, with those who are Martial Artists and who may become Martial Artists in the future. All knew him as truly a God fearing man with real purpose in life and a desire to live up to his potential. Please also see his official website at [edparkers.com](http://edparkers.com) and for his publications and more information.

### *The Zen of Kenpo*

Based on accepted works by 9th degree black belt, world-class instructor and competitor Lee Wedlake, this is the only resource on the details of the forms and sets of American Kenpo as prescribed by the "Father of American Karate," Ed Parker. With no other authors who have tackled the subject, this is a unique resource for those in Parker Kenpo and its offshoot systems. The Parker Kenpo system is taught worldwide and this reference has proven valuable to thousands of Kenpo practitioners in various lineages as well as acting as a stimulus for those who are interested in the art by providing a sense of the logical framework of Parker Kenpo, versus MMA style arts and karate picture books. Having collected the general rules of motion and the numerous fine points of Kenpo, the book is a standout in the genre. o COMPREHENSIVE TREATMENT of the Kenpo Karate system provides a progression of teaching curricula for beginning, intermediate, and advanced students and instructors o COVERS history, fundamentals, forms, solo and partner practice, and advanced technical skills o INCLUDES over 450 black and white photos detailing forms and techniques o SOMETHING FOR ALL STUDENTS, whether pursuing martial arts for health, competition, self-defense, or personal improvement Table of Contents Introduction Preface Chapter 1- What the Beginner and the Black Belt Should Know Chapter 2- The Basics and Exercise Forms- Short and Long 1 and Short and Long 2 Chapter 3- The Intermediate Forms- Short Form Three and Long Form Three Chapter 4- Form Four Chapter 5- Form Five Chapter 6- Form Six Chapter 7- Form Seven Chapter 8- Form Eight Chapter 9- The Sets Now What? Legal viewpoint by Frank Triolo Capstone--The Thesis Form General rules of motion Recommended Reading About the Author

### *The Martial Arts Woman*

The story about a rough start to a young life and how that life was saved from going down many wrong paths by starting the practice of Shotokan karate in the late 1970s. From there, he found his peace in an unlikely locale - Japan. The story tells about the author's first one-month "vacation" to Japan to train with the best. In the end, he finds himself not only stronger in karate, but stronger in life.

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*Kenpo Knowledge, Essays & Articles: Akj-American Kenpo Karate*

## *Infinite Insights Into Kenpo*

*This text is an analysis of modern bujutsu and budo.*

## *Kajukenbo -- the Original Mixed Martial Art*

## *Chinese Kenpo Belt Manual*

*This book contains information on my life in finding the right martial art, for me. I discuss the law, training, weapons, injuries, Katas, techniques, women training, principles, choosing the correct martial art for you and much more. Yes, there are some pictures, though not really needed. It should be interesting to martial artists and non-martial artists and informative where you could use much of the material in defending yourself. There is the mental aspect to consider and more.*

## *Modern Bujutsu and Budo*

*TKD: Do you need the perfect notebook for writing in after training? Do you enjoy the cultural aesthetic of your chosen art? Then Martial Notebooks are for you! 100 lined pages, 6 x 9 inches (15.24 x 22.86 cm) Beautiful traditional calligraphy for TAEKWONDO on every second page High quality MATTE paperback cover for durability*

## *Modern Arnis*

*North American Kajukenbo is a combination of several Martial Arts. This ensures students receive the most effective form of self defense, confidence and physical conditioning. Students are taught a broad range of techniques including Kenpo-Karate; a combination of two self-defense forms. Kenpo and Karate are very similar arts, yet somewhat different in nature. Kenpo describes the Chinese style of Karate, while the more modern term "Karate" is the system of Okinawa and Japan. Kenpo means "Law of the fist" and Karate means "Empty hands". Included in the NAK system is Judo and Jui Jitsu, the fighting and grappling methods. These forms develop the use of hands, elbows, legs, eyes, ears and alertness in Mind, Body and Spirit!*

## *Ed Parker's Encyclopedia of Kenpo*

*This book is a thesis with research done on the Fundamental Basics of Ed Parker's American Kenpo Karate as taught at the Lacerte's Kenpo Karate Academy. This shows a breakdown of what the Basics of Kenpo contain and when and where they are taught. This will be a Color-coded Manual that will enable you to find the Basic Technique, Form, Set, and Freestyle that the author is describing for the particular fundamental so that the reader may utilize the Lacerte's Kenpo Karate Academy's Instructor's Master Text Manuals in doing more research of your own to enhance your understanding of the Basics.*

## *The Law of the Fist and the Empty Hand*

*The Secrets of Chinese Karate was written in the early 60's by Senior Grandmaster Ed Parker Sr. Mr. Parker reveals the amazing techniques of Karate as developed and practiced by the Chinese - the true pioneers of the martial art of self-defense. Mr. Parker elaborated on the theories of various styles that occurred prior to the time of Shao-lin and how they were based on imitating the movements of animals such as, the deer, tiger, bear, monkey and bird. It was surmised that the various animals chosen, depicted different characteristics. For instance, the leopard's movements were used to develop speed as well as strength. Tiger movements were formed to develop the bones, dragon movements to develop alertness and snake movements to develop temperament and endurance. Through the years of experimentation, the Chinese discovered two types of strength-inner and outer strength. Inner strength-denoting hidden power. One such form of inner power was Dim Mak, the study and art of " Touching nerve points" which involved a detailed analysis of nerve points as well as developing the skills of the herbalist-a form that was only taught to the most patient peaceful exponents. Natural weapons used anciently by the Chinese were listed in charts and highlighted in terms of possible historical applications. The formation of natural weapons, as used by the Chinese shows the versatility with which body parts can function effectively in combat along with diverse methods of execution. Instruction is offered on the ranges within which an exponent could utilize such weapons with minimum force to maximum effect. In conclusion Mr. Parker included various tests, formalities, rituals, and ancient Chinese customs of related interest.*

## *Secrets of Kenpo Karate*

*A user-friendly guide to the self-defense techniques for each of the belts Orange, Purple, Blue, Green in clear, concise, easy to follow descriptions. A "must have" for every martial artist's library.*

## *North American Kajukenbo*

*Kenpo Karate self defense techniques contain Master Keys which are grouped into Linear, Circular and Singular categories. Understanding*

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*the Master Keys will make you a better martial artist. Martial arts practitioners have experienced a feeling of familiarity when performing some new move. This is because they've learned that same pattern in past lessons. Kenpo Karate is a martial art developed by Edmund (Ed) Parker that focuses on self-defense. Kenpo may be translated as fist law, Karate is the art of empty hands. Kenpo practice has evolved from the original Book Set and basic techniques to modern self-defense techniques such as Five Swords. On their path to black belt, students interactively practice in a technique line to gain infinite insights into their new skills. The self-defense techniques are comprised of many small combinations of movement such as blocks, kicks or punches that are linked together into longer routines. The longer techniques are not intended to be recipes for fighting but are repeatable ways to practice the small combination moves on an opponent. These small combinations are the Master Keys of Kenpo Karate. Kenpo practitioners may refer to them as Master Key Moves. This book explains five primary categories of linear Master Keys, five primary categories of circular Master Keys and a smaller group of Singular Keys done with an individual weapon. An understanding of Master Keys helps the student assimilate newer concepts with ones they've already learned. A summary chart included.*

## *Law of the Fist and the Empty Hand*

*Learn how to build a personal kicking system for competition and self-defence from two members of the Black Belt Hall of Fame, George Chung, a taekwondo stylist, and Cynthia Rothrock, an expert in northern Shaolin kung fu, as they demonstrate the impeccable kicking skills that made them tournament kata champions.*

## *James Mitose and the Path of Kenpo*

### *Kenpo Karate*

*"Covers the development of the arts of karate and tae kwon do in the United States"--Provided by publisher.*

### *The Kenpo Karate Compendium*

*Translated by Okinawan Goju Karate Master Michael Robinson, this is the only English version of this classic text in existence! In this book, the Shito-Ryu Karate founder Mabuni Kenwa gives the reader: 1) An explanation of the history, purpose and philosophy of Karate 2) The Okinawan Bubishi 3) Dim Mak (also known as "Death Touch") secrets with illustrations 4) The "7 Forbidden Strikes" 5) A bunkai (explanation) of Seipai Kata 6) And much more! This book is a must-read for any Martial Arts enthusiasts! Get a copy while this bargain price is still available!*

### *The 100 Deadliest Karate Moves*

*This classic interpretation of Miyamoto Musashi's famous Book of Five Rings is intended specifically for the martial artist—as Miyamoto Musashi originally intended. It explains the underlying truths necessary for a full understanding of Musashi's message for warriors. The result is an enthralling book on martial strategy that combines the instincts of the warrior with the philosophies of Zen Buddhism, Shintoism, Confucianism and Taoism. It is a crucial book for every martial artist to read and understand. Like the original, this classic book of strategy is divided into five sections. The Book of Earth lays the groundwork for anyone wishing to understand Musashi's teachings; the Book of Water explains the warrior's approach to strategy; the Book of Fire teaches fundamental fighting techniques based on the Earth and Water principles; the Book of Wind describes differences between Musashi's own martial style and the styles of other fighting schools; while the Book of No-thing describes the "way of nature" as understood through an "unthinking" existing preconception. Famed martial artist and bestselling author Stephen Kaufman has translated this classic without the usual academic or commercial bias, driving straight into the heart of Musashi's martial teachings and interpreting them for his fellow martial artists. The result is an enthralling combination of warrior wisdom and philosophical truths that Musashi offered to other warriors who wished to master the martial way of bushido.*

### *Never Heel Up*

*Covering a variety of preparatory stretches and warm-up exercises, the 12-zone striking and defense systems, hand-to-hand combat ("rapping hands"), flow-practice drills, sinawali and redonda, this 160-page, fully illustrated text gives novices a tangible amount of self-defense skill through specific drills. For example, the sinawali is taught without sticks, in empty-hand fashion, to illustrate how its weaving motions can be easily translated into empty-hand movements for blocking, punching, and takedowns. He discusses the 12 important angles of attacks on the human body, 12 basic ways of dealing with each angle, plus stick and sword disarming techniques.*

### *Ultimate Kempo*

*Kempo, also known as Kenpo, is a classic and effective system of self defense. A Japanese martial art that teaches you how to avoid physical confrontations, the primary focus of Kempo, or "Fist Law" is to not inflict harm, but to manipulate the balance and structure of your opponent for optimal results. It teaches you how to avoid conflict through an understanding of Kosho Ryu's unique mental discipline and philosophy developed by the thirteenth century Japanese Buddhist priest, Kosho Bosatsu. With hundreds of photographs of kempo techniques and downloadable video, this Kempo book gives you systematic guidance for maximum effectiveness in the striking, throwing, and locking arts. Practical in its application, powerful in its philosophy, Ultimate Kempo is a martial arts foundation that any practitioner can use to hone their skills. Chapters include: What is Kosho Shorei Ryu Kempo? What is the Martial Way? Concepts of Study Escaping Joint Locking Throwing Striking Pressure Points*

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## Chinese Kara-Ho Kempo

### Advanced Dynamic Kicks

*Kenpo Karate For Beginners Principles, Techniques & Tactics From The Art Of Karate Are You Ready To Learn All About Kenpo Karate? If So You've Come To The Right Place Here's A Preview Of What Kenpo Karate For Beginners Contains The Origin Of Kenpo Karate (Including Types Of Kenpo) The Uniqueness And Benefits Of American Kenpo The Four Angles Of Attack Kenpo Stances Explained Blocks And Parries Explained Punches And Strikes Explained Kenpo Rules To Live By The Grip Of Death Technique The Delayed Sword Technique The Alternating Maces Defensive Maneuver The Quest To Obtain Your Yellow Belt Short And Long Form 1 And Much, Much More!*

### Musashi's Book of Five Rings

*NAK is a combination of several Martial Arts. This ensures our students receive the most effective form of self defense, confidence and physical conditioning. Students are taught a broad range of techniques including Kenpo-Karate; a combination of two self-defense forms. Kenpo and Karate are very similar arts, yet somewhat different in nature. Kenpo describes the Chinese style of Karate, while the more modern term "Karate" is the system of Okinawa and Japan. Kenpo means "Law of the fist" and Karate means "Empty hands". Included in the NAK system is Judo and Jui Jitsu, the fighting and grappling methods. These forms develop the use of hands, elbows, legs, eyes, ears and alertness in Mind, Body and Spirit!*

### Ed Parker's Basic Fundamentals

*Grab this awesome composition book today! Are you or your kids bored with standard school supplies? Sneak in a little fun with our cute and custom, fun, unique marble composition books featuring your favorite subjects! Grab one of each color for your different subjects in school! 100 pages (50 sheets) Wide Ruled 6 in x 9 in Glossy cover Perfect book for class notes, lists, a journal, or a diary This fun composition book is WIDE RULED; which is perfect for young writers, elementary school and some middle school students.*

### North American Kajukenbo from White to Black

*Marine Corps Reference Publication (MCRP) 3-02B, Marine Corps Martial Arts Program (MCMAP), is designed for Marines to review and study techniques after receiving initial naming from a certified Marine Corps martial arts instructor or martial arts instructor trainer. It is not designed as a self-study or independent course. The true value of Marine Corps Martial Arts Program is enhancement to unit training. A frilly implemented program can help instill unit esprit de corps and help foster the mental, character, and physical development of the individual Marine in the unit. This publication guides individual Marines, unit leaders, and martial arts instructors/instructor trainers in the proper tactics, techniques, and procedures for martial arts training. MCRP 3-02B is not intended to replace supervision by appropriate unit leaders and martial arts instruction by qualified instructors. Its role is to ensure standardized execution of tactics, techniques, and procedures throughout the Marine Corps. Although not directive, this publication is intended for use as a reference by all Marines in developing individual and unit martial arts programs. For policy on conducting martial arts training, refer to Marine Corps Order 1500.59, Marine Corps Martial Arts Program (MCMAP). WARNING Techniques described in this manual can cause serious injury or death. Practical application in the training of these techniques will be conducted in strict adherence with training procedures outlined in this manual as well as by conducting a thorough operational risk assessment for all training.*

### Kenpo Karate Master Keys

*Almost 50 years ago, a new television show swept our nation and captured my attention. It was called "Kung Fu". It starred David Carradine as a Shaolin monk wandering the American Wild West. The philosophy was appealing, the fight scenes were riveting, but what really captured my interest was the relationship between the young Kwai Chang Caine and his mentors Master Po and Master Kan. So, I set in search for my own Master Po. Over the years I visited various styles and schools in my area. None worked for me. Until 1990, when I met an older, white haired gentleman who taught something called American Kenpo. His manner drew me in; his love for what he taught was infectious. But as time passed, I discovered that I wanted the art to contain more than basic moves, katas and self-defense techniques. Was that all there was, just to collect movements as if they were trinkets for a curio cabinet? Where was the philosophy? Where were the fundamental principles? I felt as if I was lost in the woods. I needed a map to chart my course through the unknown. Because when you have a map, a compass and a point of reference, you know where you are, where you are going and how you are going to get there. American Kenpo Karate - the Key Principles is that map for the Kenpo practitioner. This book explores the five key principles that are the reasons behind the physical movements encompassed by this martial arts system. Just because a movement involves a kick or a punch, it isn't necessarily karate, let alone American Kenpo. With that map, it is difficult to get off the track. There are over 200 photographs that help to demonstrate concepts within this book, which was written so that anyone, martial artists and non-martial artists alike, can understand and appreciate it.*

### How to Create Kenpo Karate I

*The Martial Arts Woman book shares the stories and insights of more than twenty-five women in the martial arts, and how they apply martial arts to their lives. Unlike most other martial art books, the reader will catch a glimpse into the brave and empowered woman who dares to be all that she can be. Many of these women had to overcome great societal or personal challenges to break into the men's world of*

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*martial arts. This book will motivate and inspire you to go after your goals in life and to fight through every challenge and defeat every obstacle. The Martial Arts Woman book will open your eyes to the power of the human spirit and the martial art mindset that dwells in each of us.*

## *Secrets of Chinese Karate*

*Grab this awesome composition book today! Are you or your kids bored with standard school supplies? Sneak in a little fun with our cute and custom, fun, unique marble composition books featuring your favorite subjects! Grab one of each color for your different subjects in school! 100 pages (50 sheets) Wide Ruled 6 in x 9 in Glossy cover Perfect book for class notes, lists, a journal, or a diary This fun composition book is WIDE RULED; which is perfect for young writers, elementary school and some middle school students.*

## *The Complete Guide to American Karate & Tae Kwon Do*

*Offers insight on one of the most innovative and flexible martial arts - kenpo. This book also offers techniques for winning tournament matches and surviving street fights.*

## *Kenpo Law of Fist Tiger Dragon Kenpo Karate Men Women Gift T-Shirt Martial Notebooks TAEKWONDO*

*The 100 Deadliest Karate Moves with Grandmaster Ted Gambordella*

## *Martial Notebooks*

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## *Memories of Ed Parker*

## *Ed Parker's Infinite Insights Into Kenpo*

## *Karatado Kenpo*

## *American Kenpo Karate*

*In 1960, Senior Grandmaster Ed Parker Sr. first book, entitled, Kenpo Karate, Law of the Fist and the Empty Hand was completed and published. Mr. Parker introduced the reading public to the art of Kenpo Karate, a formidable system of logical and practical self-defense. He Believed that Kenpo could "do much to deter juvenile delinquency" steering young people away from stealing, street fighting and other vices. Through studying Kenpo young people could gain self-confidence, and self-respect, as well as developing humility and self-restraint. Kenpo was presented as a self-defense system to combat unethical fighting methods prevalent on the streets. Through a series of anatomical illustrations drawn by Mr. Parker himself, natural body weapons and targets that could be struck with a devastating effect were identified. Mr. Parker's reasoning for including an anatomical study was simply, "That knowledge of our own points of weakness, as well as those of our opponent, can determine our own victory or defeat." It was clear that with a thorough knowledge of the location of the major nerve centers and critical areas, Kenpoists would be able to defend their own vital areas as well as deliver blows to vital points on an opponent. Vital areas, pressure points sensitive to various methods of attack, along with individual natural weapons were all clearly presented and illustrated on simple to read charts. It is interesting to note, that many of the self-defense techniques presented in this pioneering publication, show embryonic movement patterns that would establish the foundation for subsequent techniques that would be prefixed, suffixed, altered, adjusted, expanded and refined by Sr. Grandmaster Ed Parker Sr. over time.*

## *Kenpo Karate Master Keys*

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## *The Marine Corps Martial Arts Program*

*The "Zen of Kenpo" is an insightful and interesting volume of analytical, tactical, and philosophical quotes from the teachings and writings of the Senior Grandmaster of American Kenpo, Ed Parker Sr. Having learned early in life the folly of not recording his thoughts on paper or audio tape. Whether at home, at a restaurant, in a hotel or traveling on an airplane, he continually recorded more and more of his thoughts and ideas. Mr. Parker's insights and ideas cover a broad range of subjects relating to the Martial Arts--Combat Wisdom, Patience, Philosophy and Zen. Intended to supplement his previous works, he hoped to give interested parties a deeper understanding of the intricacies of Kenpo--not only as an art, but also as a way of life. Mr. Parker observed and came to understand that like analogies and short stories, the imagery evoked through sayings, breathes life into technical descriptions and principles of KENPO. Feeling that this volume of his quotes would encourage open minded students to view technical descriptions and principles of Kenpo in the light of their own experiences, he felt his sayings would add to a person's overall depth of knowledge.*

## *Kenpo for Beginners*

## *Championship Kenpo*

*With the accumulation of over thirty years of practical Martial Arts experience the Sr. Grandmaster of American Kenpo Karate Ed Parker Sr. decided to document and share his findings in a monumental series of books. Writing with the intent to expound upon the merits of his American KENPO Martial Arts system, he wrote of it's many facets as, "a discipline, a way of life, a philosophy, and an art and a science." With each book intended to offer a unique and exciting adventure into KENPO knowledge, he called the series of five volumes "Infinite Insights Into Kenpo." Early in 1982, Mr. Parker completed and published the first book in the "Infinite Insights Into Kenpo" series, titled "Mental Stimulation." He wrote, "I was sensitive to the need of innovations during my early years of training. Analyzing the methods of fighting in Hawaii, the place of my birth and early rearing, verified the unquestionable need for an updated approach to the Martial Arts." Mr. Parker broke the bonds of tradition and experimented with more logical and practical means of combating modern day methods of fighting. What emerged was, in his own words, "my own interpretation of the Art." It was this perspective that he introduced in this initial volume and developed and expanded upon through his subsequent works. Mr. Parker introduced an unparalleled number of combative predicaments, indicating the need for several viewpoints. Thee mystic "Universal Pattern," introduced to the public for the first time some twenty years earlier, was put into context. In an effort to develop and articulate definable qualities in the Martial Arts, he sought to set the backdrop for the unknown to become known, the intangible to become tangible and for the mysticism to disappear.*

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